


Winter Fruit Medley

Serves: 6

Prep time: 5 minutes

Cook time: 10 minutes

 1 serve per portion

Ingredients

1 ½ cups peach slices, tinned

1 cup pineapple pieces, tinned

1 cup prunes, tinned or dried, pitted

1 ½ cups apple slices, tinned or dried

1 teaspoon nutmeg

1 teaspoon cinnamon

Natural yoghurt, reduced fat, to serve

2 bananas, sliced, to serve

Method

DRAIN juice from all tinned fruits, reserving ½ cup of the juice to add to a saucepan.

CHOP fruit into bite sized pieces.

COMBINE all ingredients except banana and yoghurt and add to the saucepan of fruit juice. Stir over a medium heat for 5-10 minutes.

REMOVE from heat and let stand for 5 minutes.

PLACE fruit in large bowl, cover and refrigerate for 1 hour.

SERVE with yoghurt and banana.



Everyday Food

Recipe courtesy of the Country Kitchens team