

Fresh for Kids®

# Summer fruit meringue nests



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**Preparation:** about 10 minutes

**Serves:** 4

4 meringue nests or mini pavlovas

Lemon or mango sorbet, to serve

200g cherries

2 ripe nectarines, deseeded and cut into thin wedges

1 medium mango, peeled and flesh chopped

1. Place meringue nests or mini pavlovas on serving plates.
2. Top with scoops of sorbet and fruits. Serve immediately.

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### Nectarines

- An excellent source of vitamin C. This vitamin is vital for a healthy immune system.
- A good source of dietary fibre (important for bowel health).
- Yellow fleshed nectarines also provide some beta carotene which the body can convert to vitamin A.

For fresh fruit and vegetable recipes visit  
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