

Fresh for Kids® banana splits with warm strawberry sauce



Supplying quality fresh fruit & vegetables

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Ingredients:

250g strawberries, hulled
2 tbs caster sugar
2 tbs water
4 medium ripe bananas
reduced fat vanilla ice-cream
or frozen yoghurt, to serve

HEALTH BENEFITS:

Strawberries

- Half a punnet of strawberries has more than 3 days supply of vitamin C. One of the functions of vitamin C is to help the body fight infections.
- A good source of dietary fibre. Kids need fibre to keep their intestine healthy.
- Half a punnet of strawberries is a healthy snack with virtually no fat and has only a tenth of the kilojoules of a 100g bar of chocolate.

Method:

1. Reserve 4 strawberries. Hull remaining strawberries and place in a small saucepan. Add caster sugar and water to pan. Stir to combine and bring mixture to the boil over medium-low heat. Simmer for 2 minutes. Remove from heat and cool slightly.
2. Using a hand blender, blender or food processor, puree strawberries until smooth (do not strain, leave seeds in). Set aside.
3. Peel bananas and slice lengthways. Arrange bananas in individual serving bowls. Hull and slice reserved strawberries. Top bananas with scoops of ice-cream or frozen yoghurt and sliced strawberries. Spoon over warm strawberry sauce and serve immediately.

Serves: 4 kids

Preparation: 15 minutes

Cooking: 10 minutes

Note: this strawberry sauce keeps well in an airtight container in the fridge for 2–3 days. Warm in the microwave on medium/50% until warm to serve.



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