

Fresh for Kids®

Fresh fruit with caramel dip



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Preparation: about 15 minutes

Cooking: about 10 minutes

Serves: 4

- 2 large mandarins, peeled and segmented
- 2 ripe Corella or Packham pears, cored and thickly sliced
- 3 medium bananas, peeled and sliced diagonally
- 2 kiwifruit, peeled and cut into wedges

Caramel dip

- ¼ cup golden syrup
- 1 cup evaporated milk (not light/reduced fat)
- ¼ cup brown sugar
- 1 teaspoon cornflour
- 1 tablespoon cold water

1. To make caramel dip, combine golden syrup, evaporated milk and sugar in a small saucepan. Stir over medium-low heat until sugar dissolves. Bring to the boil. Remove from heat. Combine cornflour and water in a small dish to form a paste. Stir cornflour mixture into sauce and cook, stirring constantly, for 3 minutes over low heat until thickened. Remove from heat and set aside to cool slightly. Pour into small bowls for dipping.
2. Arrange fruit on serving plates or thread onto small skewers or paddle-pop sticks. Serve with caramel dip.

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Banana:

- A good source of vitamins B6 and C.
- One banana provides a third of your daily vitamin C requirements.
- A good source of potassium. The body needs to balance sodium (from salt) with potassium in order to maintain healthy blood pressure.