

Fresh for Kids®

# Fruit salad banana splits



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Preparation: about 20 minutes

Serves: 4

- 2 plump ripe apricots
- 1 medium ripe nectarine
- 1 medium ripe peach
- 4 small Lady Finger bananas
- 8 plump cherries
- 2 x 100g cartons frozen strawberry yoghurt

1. Halve, deseed and chop apricots, nectarine and peach. Toss to combine in a small bowl.
2. Peel bananas and slice lengthways. Arrange bananas in serving bowl. Top with chopped stone fruit, cherries and scoops of frozen yoghurt and serve.

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### Bananas:

- An excellent source of vitamins B6 and C.
- One banana provides a quarter 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.