

Fresh for Kids

Papaya & passionfruit sundae



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Serves: 4 kids
Preparation: 15 minutes

1/2 medium (about 750g) papaya
2 passionfruit, halved
1 tbs light brown sugar



350g thick natural yoghurt
1/3 cup crushed nuts (optional)
ice-cream wafers, to serve

1. Peel and deseed papaya. Cut into a small dice and place into a medium bowl.
2. Place passionfruit pulp into a sieve and using a spoon push pulp through sieve, reserving the juice. Discard seeds and add passionfruit juice and sugar to papaya. Gently stir to combine.
3. Layer papaya mixture, yoghurt and crushed nuts, if using, into serving glasses or cups. Serve with wafers.

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Supplying quality fresh fruit & vegetables

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