

# Fresh for Kids® sweet corn with peanut topping



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### Ingredients:

- 2 tbs reduced fat crunchy peanut butter
- 1 tsp kecap manis or salt reduced soy sauce
- 1 tsp honey
- 4 sweet corn cobs, husks and silks removed

### Method:

1. Combine peanut butter, kecap manis and honey in a small bowl. Set aside.
2. Rinse corn in cold water. Wrap undried cobs individually in plastic wrap. Place corn in a single layer directly onto the microwave turntable. Microwave on high/100% power for 8 minutes or until kernels are just tender. Leave for 1 minute.
3. Carefully remove plastic wrap from corn. Serve immediately with peanut topping.

### Health benefits of sweet corn:

- A good source of dietary fibre which keeps the intestine functioning well.
- Provides niacin (vitamin B3), essential for the release of energy from proteins, fats and carbohydrates.
- A source of the antioxidant vitamins C and E.
- Low glycaemic index (GI) as its carbohydrates are digested slowly.

**Serves:** 4

**Preparation:** 10 minutes

**Cooking:** 8 minutes