

# Fruit Snacks

## Option 1. Kiwi & Yoghurt Layers

### INGREDIENTS – SERVES 1

- 2 kiwi fruit, skin removed, cut into small pieces
- 100g Greek or natural yoghurt

### METHOD

- In a small glass, layer the Greek yoghurt and kiwi fruit on top of the other.
- Serve immediately and enjoy!

## Option 2. Watermelon, Berry & Mint Fruit Salsa

### INGREDIENTS – SERVES 2

- 200g watermelon, cut into small cubes
- 1 punnet strawberries, green removed, cut into quarters
- 1 punnet raspberries
- 6-7 fresh mint leaves, finely chopped

### METHOD

- Combine the mint, strawberries, raspberries and watermelon in a bowl and toss to coat the fruit in the mint.
- Serve into two tall glasses or bowls. Enjoy!