

We are ready.....

Warm winter fruit salad



Suggested portion

Size for recipe

1-2 years - 40g

3-4 years - 40g

Ingredients - Serves 5

Fresh pear, peeled	80g ($\frac{1}{2}$ medium)
Fresh orange, peeled	80g ($\frac{1}{2}$ medium)
Cranberry juice	50ml
Ground cinnamon	1 teaspoon
Fresh apple, peeled	80g ($\frac{1}{2}$ medium)
Banana	Medium
Blueberries	50g

Method

1. Core the pear and apple then break the orange into segments. Chop the fruit.
2. Warm the fruit, juice and cinnamon in a large pan on a low heat until the fruit has softened.
3. Add chopped banana and blueberries and serve.