

25 easy ways to get more

fruit



1 Drink a glass of juice with breakfast or dinner. The vitamin C will help iron absorption.

2 Blend a banana with berries, milk and yoghurt for a delicious smoothie.

3 Make a couscous salad with dried fruit such as chopped apricots and raisins. Add fresh herbs and nuts for extra colour and crunch.

4 Make a fruit salad with combinations of fresh and canned fruit and drizzle with yoghurt.

5 Bake an apple or banana with cinnamon, add yoghurt, for an easy dessert.

6 Juice seasonal fruit - use apples or oranges and anything else in the fruit bowl.

7 Add fruit to your green salad. Try oranges and strawberries.

8 Stew feijoas, tamarillos, apples or pears in a little water and sugar.

9 When baking cakes or muffins swap some butter or oil in the recipe for apple purée.

10 Add fruit to your porridge - mashed banana, fruit puree or dried fruit.

11 Make your drink count: Swap a can of soft drink for 250ml juice.

12 Try fruit in sandwiches - canned pineapple, mashed banana (or try sultanas with honey!).

13 Make Bircher muesli - mix rolled oats and milk or yoghurt with dried fruit, berries and grated apple. Refrigerate overnight.

14 Make a fruit pudding with canned peaches or frozen berries topped with meringue or sponge.

15 Blend berries with orange juice, and top glasses with mint for a refreshing drink.

16 Add peaches, apples, berries or bananas to your pancake or pikelet mixture.

17 Place slices of apple or banana on bread, sprinkle with grated cheese and place under the grill to make great 'toasties'.

18 Make fruity jellies using sliced fruit, juice and dissolved gelatine. Try cranberry juice jelly with your next Christmas turkey!

19 Frozen fruits are a cool summer snack: try berries or grapes.

For the kids

20 Make colourful fruit kebabs - for a real treat, dip in a chocolate fondue!

21 Try a banana ice-block. Smear with peanut butter and roll in nuts or rice bubbles and freeze for three hours.

22 Make fruit faces - a banana smile, kiwifruit eyes, and a strawberry nose.

23 Make a boat out of a melon wedge and put strawberry 'people' in it.

24 Get babies used to different tastes by wrapping fruit pieces in muslin which they can suck and chew.

25 Freeze small pieces of fruit in water in ice cube trays and eat from small cups or add to drinks.

Tips developed by the New Zealand Fruit and Vegetable Alliance (NZFAVA) to promote increasing daily fruit and vegetable consumption.
www.nzfava.org.nz

