

FINISH WITH THE RIGHT STUFF

FRUIT SNACKS



Frozen Fruit treats

- Slice and freeze watermelon, mango or oranges
- Freeze pineapple rings (use tinned in natural juice)
- Put two strawberries on a paddle pop stick
- Cut banana into pieces, put on a paddle pop stick and sprinkle with lemon juice and freeze
- Dip fruit in low fat yoghurt and sprinkle with coconut or freeze without the yoghurt and then dip in low fat greek yoghurt when you serve.

Fruit juice ice cups

Water down 100% fruit juice by one third. Add in real fruit to add colour and pour into cups (100ml size or smaller) and freeze.

Fruit salad

Make fresh fruit salad and put into smaller containers. Sell fresh and freeze any leftovers.

Promote healthy options and add them to your menu or use in meal deals.

Try using them as halftime snacks or give samples

