


Nectarine and Berry Salad

 5 minutes preparation + 5 minutes cooking plus 1 hour to chill.

 9 serves of fruit

INGREDIENTS

4 nectarines, sliced and stones removed
250g strawberries, washed and hulled
¼ cup fresh mint, washed and stalks removed

Dressing

250ml fresh orange juice
¼ teaspoon vanilla essence
1 tablespoon caster sugar



DIRECTIONS

Toss fruit and mint together. Combine dressing ingredients in a small saucepan and stir over low heat until sugar has dissolved. Increase temperature and simmer for 5 minutes. Remove from heat and cool. Pour dressing over fruit and chill. Serve cold. Serves 6.

VARIATION

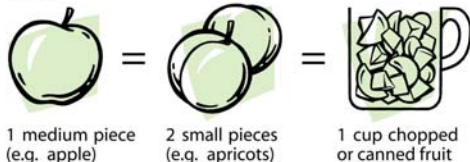
Use canned peaches if nectarines are not in season.

SERVING SUGGESTION

Serve with reduced-fat vanilla ice cream or yoghurt.

WHAT IS A SERVE?

Fruit

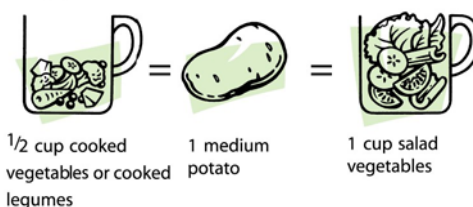


1 medium piece
(e.g. apple)

2 small pieces
(e.g. apricots)

1 cup chopped
or canned fruit

Vegetable



½ cup cooked
vegetables or cooked
legumes

1 medium
potato

1 cup salad
vegetables



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FRUIT VEG



An Australian Government, State and Territory health initiative.

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