

Green Fruit Salad

We love this idea to help our kids try different flavours and foods, by narrowing foods down to one colour for a special treat. Once they start to experiment more with the fruits they're given, try out another colour, or start adding in another colour here and there.

It's a great way to have fun with food too... create a pinwheel of the colours or a dice game to choose the colour.

Green fruits are loaded with fibre, particularly when the skin is kept on, and are also a great source of vitamin C and A, especially in the darker greens.

Green fruits include apples, pears, grapes, kiwi fruit, avocado, honeydew melon, limes – you can also add in some sweet or neutral vegetables or herbs such as cucumber, peas, baby spinach and mint.

We've included a dressing for this fruit salad that doubles as a delicious flavour hit, and also helps to stop the apples and avocados browning.



Allergens:

Lactose Free | Gluten free | Vegetarian | Nut Free | Vegan | Low FODMAP Options | Egg Free | Dairy Free | Grain Free | Wheat Free | Soy Free | Seafood Free | Low Oxalate Options

Recipe:

Family friendly | Leftovers | Breakfast | Snack | Dessert

Preparations time: 10mins

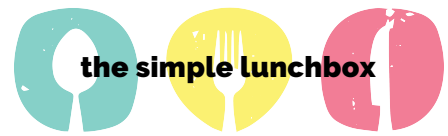
Serves: 4 as a snack

Ingredients

1 green apple, cored and diced
1 kiwi fruit, diced (leave the peel on if you're game!!)
1 cup green grapes, halved
1 avocado, peeled, deseeded and diced
1 small cucumber, diced
a few mint leaves, finely shredded
½ cup baby spinach, finely shredded

Dressing:

Juice and finely grated rind of 1 lime
2 tsp flaxseed, olive oil or coconut oil
1 tsp tahini (sesame paste), optional



Instructions

1. Combine all the fruits, herbs and spinach in a bowl.
2. Combine the dressing ingredients and drizzle over the fruit salad.
3. Serve with natural or coconut yoghurt if desired.

Variations & Substitutions

For a FODMAP friendly fruit salad, omit the apple and tahini, and either omit the avocado, or reduce the portion to 1/8th of the size.

For a low oxalate option, omit the kiwi fruit, lime peel (lime juice is fine), tahini and spinach. Replace the spinach with some chopped watercress for a similar texture.