

# Colourful fruit jars

**Serves 2**

## Ingredients

- ¼ cup blueberries*
- ½ kiwifruit, peeled and sliced*
- ½ banana, peeled and sliced*
- ½ cup diced rock melon or ½ orange, peeled and sliced*
- ¼ cup raspberries, strawberries or halved grapes*
- ¼ cup reduced-fat yoghurt*
- mint sprigs to garnish (optional)*

## Method

1. Layer blueberries in the bottom of a glass or jar. Top with kiwifruit, banana and rock melon.
2. Finish with raspberries, garnish with mint (if using) and serve with yoghurt.

## Variation

- Use fresh, thawed frozen, drained canned or poached dried fruit.

## Tips

- Choose fruits that are in season and readily available to reduce cost of the recipe.
- Use fruits canned in water or juice.



## Equipment

- Cutting board and knife
- Measuring cups
- Spoons
- 2 glasses or jars

## Preparation and cooking skills

Dice, peel, slice.

## Nutrition

- Eating a 'rainbow' of colourful vegetables and fruit everyday will help you get a wide range of nutrients to grow and stay healthy.

## Choose fruits that are in season during each school term

### Term 1

Apple  
Apricot  
Banana  
Berries (strawberry, raspberry, blueberry)  
Melon  
Peaches  
Watermelon

### Term 2

Apple  
Banana  
Feijoa  
Kiwifruit  
Mandarin  
Orange  
Pear  
Frozen berries

### Term 3

Apple  
Banana  
Kiwifruit  
Mandarin  
Orange  
Pear  
Frozen berries

### Term 4

Banana  
Kiwifruit  
Orange  
Pear  
Canned plums  
Canned pineapple  
Frozen berries