Snack

Fresh fruit skewers with two dips

Juicy mixed fruit threaded onto skewers, served with a smooth berry sauce and cool fromage frais for dipping.

15 min	102	19.7 g	18.9 g
time	calories	carbs	sugars



Low fat

Ingredients, 3 servings

- [ ] 400 g mixed fruit, sliced
- [ ] 2 tbsp virtually fat-free fromage frais
- [ ] 150 g berries (any type)
- [ ] sugar-free sweetener, to taste

For the berry sauce (optional)

Method

- [ ] 1 Slide the mixed fruit pieces onto cocktail sticks or skewers.
- [ ] 2 For the optional berry sauce, tip the berries and sugar-free sweetener into a blender and blitz until smooth, loosening with a little water if the sauce is too thick.
- [ ] 3 Spoon the berry sauce into one bowl and the virtually fat-free fromage frais into another, then serve both alongside the fruit skewers for dipping.

Nutrition Facts

Per serving

Calories	**102**
Total fat	0.6 g
Saturated fat	0.1 g
Sodium	Not listed
Total carbs	19.7 g
Fiber	4 g
Total sugars	18.9 g
Protein	2.3 g

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