

Vegetable & Fruit Bites

Allergens - N/A

Ingredients

Quantity	Ingredient
200g	Carrots
200g	Peppers - Orange
200g	Sweetcorn
200g	Grapes Black/Red
200g	Pineapple Slices (in juice)

Method

1. Prepare the Vegetables and Fruit into bite size pieces.
2. Arrange the selection attractively in a serving container.

Nutritional Content per 100g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (mg)	Carbs (g)
= 50.6	= 0.4	= 0.0	= 7.6	= 0.0	= 10.8

Portion size - Primary - 50g