



CUSTARD FRUIT BITES

GREEN (ACT/SA) / EVERYDAY (NSW)

Makes 14 bites (25g each) using a standard ice cube tray

Ingredients:

- 150g (1 cup) soft fruit (e.g. mango, peach, berries, banana, passionfruit)
- 200g reduced-fat vanilla or chocolate custard

Method:

1. Finely chop the fruit.
2. Distribute fruit into each mould of a standard ice cube tray.
3. Pour custard over the fruit, filling the moulds.
4. Freeze for 1-2 hours or until solid.
5. Pop bites out of trays and place in a freezer container.
6. Serve bites in a cup with either a toothpick or fork.

Variations:

- You could also use reduced-fat yoghurt or flavoured milk!

Tips:

- Using an ice cube tray with smaller moulds makes smaller fruit bites which may be easier to eat.
- You can use fresh, frozen, or canned fruit.
- If you're using shaped moulds or those made out of silicone, be careful when it comes to popping them out because they can be fragile. We recommend sitting the moulds in a little warm water for 30 seconds to help loosen them first.

Nutrition information:

	Per serve (25g)	Per 100g
Energy (kJ)	78	313
Protein (g)	0.55	2.2
Fat – total (g)	0.45	1.8
Saturated (g)	0.28	1.1
Carbohydrates – total (g)	3	11.9
Sugar (g)	2.6	10.4
Sodium (mg)	8.9	35.4
Fibre (g)	0.21	0.84