



Fruity sticks

INGREDIENTS

Serves 10

- 2 cups of cut up seasonal fresh fruit
- 200g smooth ricotta
- 2 teaspoons honey
- 10 small skewers or paddle pop sticks



METHOD

1. Cut fruit into bite sized portions and place into separate bowls.
2. Slide a selection of fruit pieces onto the skewers and place on a plate.
3. Mix ricotta and honey in a small bowl.
4. Drizzle ricotta dip over fruit skewers or serve the skewers with a dollop of ricotta dip.

Also try:

Natural yogurt with vanilla essence instead of ricotta cheese.



Out and about!



- It's fun to pack some food when we go out.
- We need to look after our food and carry it safely when we travel.
- Sometimes we can pack a lunchbox when we go out.
- Fruit has its own natural packaging so is a perfect snack to carry with us.



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