

FRESH for KIDS

NOURISHING, SIMPLE IDEAS FOR
SERVING FRESH FRUIT & VEG TO KIDS

SYDNEY MARKETS®

Summer 2018/19

Make sure your kids enjoy the sweetest of summers with luscious fresh fruits.

Juicy mangoes, peaches, nectarines, cherries, plump berries and grapes are plentiful and at their best.

Summer Fruit Cups recipe is on the back page.



COOL IDEAS FOR FRUITS & VEGGIES + CHERRIES + RECIPES + SEASONAL GUIDE + MORE

Go to www.freshforkids.com.au for more fabulous fresh fruit and vegetable recipes and ideas

EAT WELL...

Keep it cool with fresh fruits & veggies

Kids will love the tropical sweetness of these icy-cold tropical fruit smoothie bowls. So quick to whip up and easy to eat, they're full of succulent fresh mango, pineapple, banana and nourishing yoghurt.

And for a winning school lunch, team crisp celery and crunchy sugar snap peas with chicken on a soft brioche roll. Yum!



TROPICAL FRUIT SMOOTHIE BOWLS

Prep 10 mins | Makes 4

Naturally sweet and delicious, these smoothie bowls are great for breakfast, lunch or an after school snack on a hot day.

- 2 medium ripe mangoes, flesh removed
- 2 cups chopped fresh pineapple (about ½ small pineapple)
- 2 peeled frozen bananas, chopped
- ½ cup reduced fat Greek-style natural yoghurt

Suggested toppings to serve:

Blueberries, seedless grapes, cherries, chopped mango, chopped pineapple & chia seeds

Place all ingredients into a high-speed blender. Process until smooth. Pour mixture into 4 serving bowls. Top with fresh fruit of your choice and sprinkle with chia seeds. Serve immediately.



CRUNCHY CELERY, SUGAR SNAP PEA & CHICKEN ROLLS

Prep 20 mins | Makes 6

- 150g sugar snap peas, trimmed
- 1 celery stick, finely chopped
- 2 cups shredded cooked chicken
- ¼ cup reduced fat mayonnaise
- 6 long brioche bread rolls, split along the centre top

Step 1 Bring a small saucepan of water to the boil over high heat. Plunge sugar snap peas into the pan, cook for 20 seconds. Drain and refresh in cold water. Pat dry on paper towel. Thinly slice the peas and place into a bowl.

Step 2 Add celery, chicken and mayonnaise to peas. Season with salt and pepper to taste. Mix until well combined.

Step 3 Spoon the sugar snap pea and chicken mixture into the rolls and serve.

WHY SUGAR SNAP PEAS ARE GOOD FOR KIDS

Sugar snap peas are a good source of vitamin C, which contributes to the normal functioning of our immune system. They provide niacin (Vitamin B3) which is needed for the normal release of energy from food.



NUTRITIOUS SWEET CHERRIES

These shiny gems are truly a summer treat! The Aussie cherry season only lasts 100 days from November through to late summer, so be sure to make the most of it.

Why are fresh cherries so good for you?

These superfruits not only taste delicious, they are also nutrient rich and contain natural compounds that have potential disease-fighting properties. Research shows fresh cherries are a rich source of antioxidants, including beneficial anthocyanins which give cherries their deep red rich colour. Plus, cherries are a good source of vitamin C and potassium and fibre.

To buy & store

Choose plump glossy cherries with the green stem intact. Avoid dull, bruised or small hard cherries. Place cherries in an airtight container and store in the fridge. Use within 2-3 days.

Preparation

Cherries just need a rinse in cold water and they're ready to eat. It's tough to beat the sweet taste of a fresh cherry straight from the stalk.

For younger kids, pitting cherries is a must. Cherry-pitters are a quick and easy way to remove the seeds, they are available from kitchen shops.

Quick ways to use fresh cherries

- Toss cherries through fruit salads for extra sweetness and colour.
- Pop cherries into the school lunchbox for a healthy snack.
- Serve a bowl of fresh cherries for a simple, nutritious dessert.

SUMMER FRUIT CUPS AS FEATURED ON COVER

Prep 20 mins | Serves 6-8

*If preferred, use your own choice of fruits in these colourful fresh summer fruit cups.
Simply buy what's best on the day from your greengrocer!*

- ½ small rockmelon, peeled, deseeded and chopped
- ½ small pineapple, peeled and chopped
- 2 just-ripe nectarines, chopped
- 200g seedless green grapes, removed from stems
- 125g strawberries, hulled and sliced lengthways
- 75g blueberries

Step 1 Combine rockmelon, pineapple, nectarines, grapes, strawberries and blueberries in a large bowl. Gently toss until well combined.

Step 2 Spoon into serving containers. Chill until ready to serve.

Serving ideas...

- Pack in airtight containers and serve chilled for a school lunch.
- For breakfast, top this fruit salad with vanilla yoghurt and a sprinkle of granola or coconut.
- For dessert, drizzle with a little maple syrup and sprinkle with chopped almonds.



IT'S A WRAP!

Creamy avocado and pitted cherries team perfectly with turkey in this tasty wrap. Quick to make and easy to eat, it's sure to be a hit with hungry kids at lunchtime.

AVOCADO, CHERRY & TURKEY LETTUCE WRAP

Prep 15 mins | Makes 2

- 1 small ripe avocado
- 2 tsp lemon or lime juice
- 125g sliced turkey breast, thinly sliced
- 8 cherries, halved and pitted
- 2 tbs cranberry sauce
- 2 whole wheat wraps
- 2 Iceberg lettuce leaves

Step 1 Using a fork, roughly mash avocado in a small bowl with the lemon or lime juice. Combine turkey, cherries and cranberry sauce in a bowl.

Step 2 Place wraps onto a board. Top each with a lettuce leaf then pile the centre with mashed avocado and the turkey mixture. Roll up, cut in half and serve.



Visit www.freshforkids.com.au for more quick & easy recipe ideas!

WHAT'S BEST THIS SUMMER...

FRUIT

Apricots
Avocados
Bananas
Blueberries
Cherries
Grapes
Limes
Lychees
Mangoes
Melons
Nectarines
Oranges
Papaw
Papaya
Passionfruit
Peaches
Pears (Jan-Feb)
Pineapple
Plums
Rambutans
Raspberries
Strawberries

VEGGIES

Asparagus
Beans
Capsicums
Carrots
Celery
Chillies
Cucumbers
Eggplant
Lettuce
Mushrooms
Okra (Jan-Feb)
Onions
Potatoes
Radish
Snake beans (Feb)
Squash
Sugar Snap peas
Sweetcorn
Tomatoes
Watercress
Zucchini

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