



Creamy fruit chaat

Prep: 15 minutes • Cook: No cooking required • Serves: 3



Ingredients

1 apple
1 pear
80g strawberries
50g blueberries
1 satsuma
1 teaspoon black pepper powder
150ml double cream
1 tablespoon caster sugar
3 teaspoons fruit chaat masala

- 1** To prepare the fruit, peel the apple and pear and cut into cubes. Cut the stalk and leaves off the strawberries and cut them in half. Finally, peel the satsuma and pull the segments apart, taking off the pith. Place all the chopped fruit into a bowl.
- 2** In a separate bowl, mix cream, sugar and black pepper.
- 3** Combine the fruit and the cream mixture.
- 4** Separate into three small bowls and sprinkle each bowl with a teaspoon of fruit chaat masala to serve.

Nutritional info

Low phosphate ✓
Low potassium ✓
Carbohydrate **30g**
Low protein ✓
Low salt ✓
Low fat ✗
Cost per portion (November 2023) **83p**
Energy in kcals **375**