



## Sunny Fruit Cocktail

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serves 4 - Low-fat, high fibre

### **Ingredients: -**

30ml/2 tbsp - Cointreau, Sherry, Grand Marnier or other liqueur (optional)

225g/8oz - strawberries, hulled and halved

2 large bananas - peeled and sliced

2 large peaches - halved, stoned and sliced

1 - kiwi fruit, peeled and sliced

100g/¼lb - stoned grapes

Juice of 2 oranges and 1 lemon

### **Method: -**

Put the orange and lemon juice into a bowl, add the liqueur, if using.

Add the strawberries, peaches, bananas, kiwi fruit and grapes.

Fold gently into the juice.

Serve well chilled.



# Upbeat - Heart Support In West Suffolk

Charity No 1087415

Upbeat Is Affiliated To The British Heart Foundation and Arrhythmia Alliance The Heart Rhythm Charity.

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