



Prune Puree



Prune puree is perfect for toddlers (and adults). Mix through yoghurt for a healthy dessert or add to other puree combinations for natural sweetness and increasing the fibre of your child's diet. Prune puree can also be used as a jam on toast or as a sugar replacement in baking.

SERVES: 6 | PREP TIME 10 mins | LEVEL OF DIFFICULTY: ●○○

Vegetarian, vegan, dairy free, gluten free.

Prune Puree

INGREDIENTS

- 1 cup (200g) **Australian prunes**, pitted
- 2 cups water

Serve with regular fat natural yoghurt (optional)

METHOD

Put prunes and water into a saucepan and bring to a boil then simmer for 5 mins. Blitz prunes and the cooking water together in a blender or food processor until smooth.

Makes 1 cup.

PRUNE PUREE SERVED WITH YOGHURT

- Is a source of protein, carbohydrates & dietary fibre
- Contains natural sugars from prunes & yoghurt
- Is low in sodium • Is rich in calcium



Prune Paste



Add this paste to your next cheese board for that added WOW factor. Simply delicious.

SERVES: **4** | PREP TIME **10 mins** | LEVEL OF DIFFICULTY: ●○○

Vegetarian, vegan, dairy free, gluten free.

Prune Paste

INGREDIENTS

• 1 cup (200g) **Australian prunes**, pitted

- Natural fruit sugars from prunes
- Source dietary fibre
- Low in sodium

METHOD

Pour boiling water over the prunes, to cover. Let stand for 10 mins, then drain. Blitz prunes in a food process or blender until smooth.

Makes 1/2 cup.

Serve with cheese and crackers (optional)



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