

## **The Fruity Way to Keep Hunger at Bay**

It is essential that we eat 5 or more portions of fruit and vegetables every day.

This will provide us with essential vitamins and minerals as well as fibre to keep our bodies healthy right throughout the day!

**Fruit** can be easily incorporated into many meals or eaten as a snack during the day! And, as fruit is almost fat free it is ideal to nibble on when we're feeling a bit peckish between meals!

To help you get on track for healthy eating, it's important that that we include plenty of fruit in our diet. Here's some ways how!



### ***Starting Your Day the Fruity Way***

Breakfast is an ideal meal to increase your daily fruit intake! Here are a few tasty tricks to kick-start your day the fruity way;

- Add a chopped banana, apple or berries to your morning cereal
- Replace a cup of coffee with a small glass of cold orange juice
- Try mashed banana on hot toast
- Pour a carton of yoghurt over your favourite chopped fruit
- Pick up an apple, pear or orange on your way out the door and enjoy on the way

### ***Reasons to Get Fruity***

- It's quick and handy and a great way to keep hunger at bay
- It's really tasty- everyone has their favourite!
- It's the perfect snack- at any time of the day
- Choose fruits in season - it will give you lots of variety throughout the year

**Apples are currently in season in Ireland. Why not try the chutney recipe below as a delicious way add some fruit to meals. Add to your dinner as an alternative to gravy or sandwiches instead of butter or mayonnaise. You could consider doubling the recipe ingredients and giving your friends and family a tasty, healthy treat that will last for up to a year.**

## Apple & grape chutney

(40 calories per tablespoon)

### Ingredients

- 1 teaspoon cumin seed
- 1 teaspoon coriander seed
- 1 teaspoon mustard seed
- 2 green chillies, deseeded and finely chopped
- 3 onions, finely chopped
- 2 tsp powdered ginger
- 400ml cider vinegar
- 1kg apples, peeled, cored and chopped
- 300g seedless white grapes
- 450g granulated sugar



### Method

1. Toast the cumin and coriander seeds in a dry frying pan until aromatic. Tip into a mortar and coarsely grind with the pestle. Toast the mustard seeds in the same pan until they start to pop, then add to the other spices.
2. Put the spices into a large pan with the chillies, onions, ginger and vinegar. Bring to the boil, then simmer for 10 minutes until the onions are softened.
3. Add the chopped apples, grapes, sugar and 1 teaspoon of salt, and bring to the boil, stirring. Boil, stirring from time to time, for about 15-25 minutes until the mixture is thick and pulpy.
4. Pour into warm sterilised jars, seal and label. Store in a cool, dry place for up to 1 year.



*(Recipe & image from BBC Good Food magazine, November 2012)*