

Oriental Fruit Salad

serves 8

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INGREDIENTS

¼ cup wolfberry, washed
5 kumquat, sliced thinly
5 mandarin oranges, peeled and cut into segments
1 pomelo, peeled and cut into segments
1 can lychee, drained
1 can cubed pineapple, drained

Spiced Syrup

¼ cup orange juice
¼ cup honey
1 teaspoon cloves
3 star anise
2 2-inch cinnamon sticks

METHOD OF PREPARATION

1. Combine the fruits in a medium serving bowl. Cover and chill in the fridge.
2. In a small pan over medium heat, combine ingredients for the spiced syrup. Remove from heat and leave to cool and let the flavours infuse.
3. Just before serving, drizzle the cooled syrup over the fruit salad.
4. Toss to combine and serve immediately.

NUTRITION INFORMATION per serving

| | |
|---------------|----------|
| Energy | 150 kcal |
| Protein | 1.5g |
| *Carbohydrate | 36g |
| Total Fat | 0.5g |
| Saturated Fat | 0.04g |
| Dietary Fibre | 2.5g |
| Cholesterol | 0mg |
| Sodium | 17mg |

*Carbohydrate exchange: ~2.5 exchanges