



FROZEN FRUIT & NUT GRAZING BOARD

 GF, RSF, VGN  20 mins + freezing time  12



Ingredients

- Bananas
- Pineapple
- Watermelon
- Passionfruit
- Strawberries
- Blackberries
- Grapes
- Fresh mint
- Dried mango
- Brazil nuts
- Cashews
- Macadamias
- Pistachios
- Almonds
- Goji berries
- Turkish apricots
- Dark chocolate



Method

Chocolate Dipped Bananas

1. Slice bananas in half and place in the freezer overnight.
2. Remove the frozen bananas from the freezer and dip into melted chocolate.
3. Sprinkle with roughly chopped roasted almonds and place back into the freezer until you are ready to use them.

Watermelon & Pineapple

1. Slice the watermelon and pineapple and place into the freezer until frozen (I like to put mine in an airtight container separating the layers with baking paper).

Grazing Board

1. Arrange the frozen fruit, fresh fruit, nuts and chocolate onto a large serving board, sprinkle with fresh mint (and edible flowers if you have some) and enjoy with friends!

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