

CALORIE CONTROL RECIPES

DESERTS

Oriental Style Fruit Salad – serves 6

¼ cup sugar
2 cups water
¼ tsp Chinese 5 spice
¼ tsp vanilla essence
3 cloves
1 tsp finely chopped root ginger
4 cups assorted fruit (peaches, nectarines, oranges, apples, pineapple, kiwifruit, passionfruit, banana, grapes)
2 sprigs fresh mint

In a saucepan combine sugar, water, 5 spice, vanilla, cloves and ginger. Bring to the boil and stir to dissolve the sugar. Remove from the heat and allow to cool. Strain. Prepare fruit and cut into bite sized pieces. Pour the syrup over the fruit, add mint and refrigerate for several hours before serving.