

## Frozen Fruit Salad

**You'll Need:** A knife, a baking sheet and parchment paper

**Preparation Time:** One hour and ten minutes

<b>Ingredients</b>	<b>Amount for four</b>
Bananas, sliced cross ways	2 Bananas
Red Grapes	2 cups
Green Grapes	2 cups

### Method:

**Step 1:** Place sliced bananas and grapes on a baking sheet lined with parchment paper. Freeze for at least one hour.

### Nutrition Facts:

**Calories:** 160 kcals

**Fat:** 0

**Sodium:** 0

**Carbohydrates:** 40g

**Fiber:** 3.0 g

**Protein:** 2.0g