

Fruit Recipes Series  
No. 1



# Recipes for Summer Fruits



... fast food comes naturally with **Bord Glas**

Here at Bord Glas we pride ourselves on ensuring that only the highest quality fruit reaches you in top condition.

So when we say to people they should be eating fast food every single day, they tend to look at us a little oddly.

But then to us a 'strawberry shake' is made fresh from the biggest, juiciest strawberries.

And a 'snack box' is a mixed punnet of raspberries, gooseberries, blueberries, blackberries, black and red currants.

So when you feel the urge for fast food, you don't have to resist, just remember that . . . fast food comes naturally with Bord Glas.

And to look for inspiration, look no further than this recipe book – which is simply bursting with juicy smoothies and fruit snacks. As well as being packed full of natural goodness and Vitamin C, these recipes are also low in calories – making it all too easy to enjoy the recommended four or more portions of fruit and vegetables each day.

Further recipes and nutritional information are available from Bord Glas on web: [www.bordglas.ie](http://www.bordglas.ie)



## Bord Glas, The Horticultural Development Board

actively promotes increased consumption of fruit and vegetables as a vital contributor to a healthy lifestyle.

### Summer Smoothies

	Page
Purple Slurper ( <i>Apple and Blackberry</i> )	2
Berry, Berry Good ( <i>Redberry</i> )	2
Islands in the Cream ( <i>Strawberry Meringue</i> )	3
Strawberry Maiden ( <i>Strawberry Smoothie</i> )	3
Mellow Mallow ( <i>Blueberry and Strawberry</i> )	4
The Rasapple FizzPopple ( <i>Fizzy Raspberry and Apple</i> )	4
Yummy Mummy ( <i>Kid's Apple and Strawberry</i> )	5

### Juiced-Up

Super Slurper ( <i>Apple and Fennel</i> )	5
Boys 'n Green ( <i>Apple and Celery</i> )	6

### Sweet Surrender

Strawberry Stackers ( <i>Strawberry Shortcakes</i> )	6
Fruity Froghurt ( <i>Fruit &amp; Yoghurt</i> )	7
Dip In ( <i>Fruits and Chocolate</i> )	7
Mouth Melter ( <i>Raspberry and Blueberry Sorbet</i> )	8
Meringue Shebang ( <i>Summer Fruit Baskets</i> )	8
Straw-di-dah ( <i>Baked Strawberries</i> )	8
Nuts about Melons ( <i>Strawberries with Melon</i> )	9
Everyday Sundaes ( <i>Mixed Berries Sundae</i> )	9

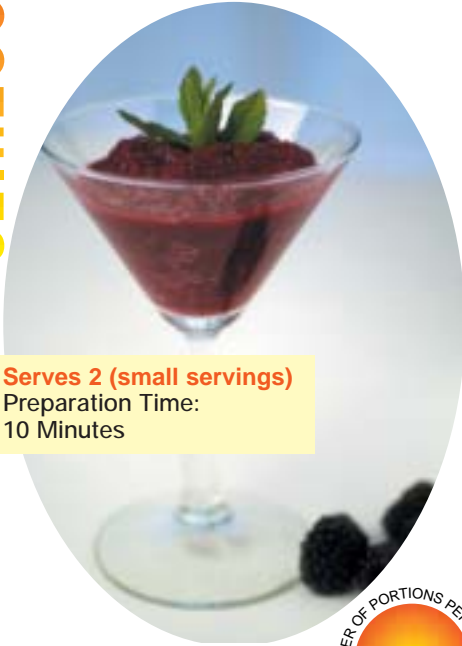
Smoothies are blended drinks. They can be either fruit or vegetable mixes. You can also add ice-cream, yoghurt, milk, soda water or lemonade to them.

When making smoothies there are a few crucial points to remember!

- Always ensure the ingredients are well chilled in the fridge before blending or juicing.
- Buy your fruit when it is in season in order to get the best nutritional and taste value from your smoothie.
- Smoothies are best consumed straight after making them as they start to lose their Vitamin C content if left too long.
- Always keep your smoothie covered and chilled once it is made.
- For those watching their fat intake, all milk, yoghurt and ice-creams used in the smoothies can be substituted with low fat versions.

## PURPLE SLURPLE

*Apple and Blackberry Smoothie*



**Serves 2 (small servings)**

Preparation Time:  
10 Minutes

NUMBER OF PORTIONS PER SERVING  
**2**

**Equipment:** Blender

### Ingredients

- 2 eating apples, peeled and roughly chopped
- 200g/8 oz blackberries
- 1 scoop vanilla ice-cream

### Method

Blend the apple and blackberries until smooth. Serve with the scoop of ice-cream on top. If you like, you can blend the ice-cream in with the fruit. Serve in a tall glass.

#### Nutritional Information per Serving

Energy (kcal)	119.9
Protein (g)	2.1
Fat (g)	2.4
Carbohydrate (g)	23.4
Vitamin C (mg)	21.2

## BERRY, BERRY GOOD

*Redberry Smoothie with Low Fat Yoghurt*

**Equipment:** Blender

### Ingredients

- 250g/9 oz berries such as strawberries, blueberries or raspberries
- 250ml low fat natural yoghurt
- 1–2 tsp. honey (optional)
- 125ml crushed ice or ice cubes

**Serves 2**

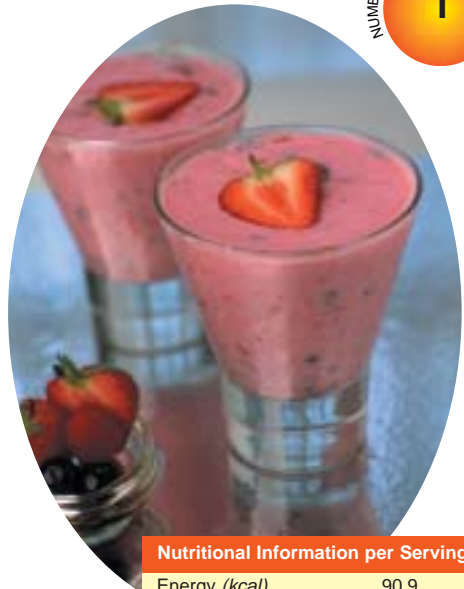
Preparation Time:  
10 Minutes

### Method

Blend the berries and yoghurt together. Taste. (Optional: add the honey and blend for another 1–2 seconds). Place in 2 glasses over a little crushed ice or ice cubes and put straws in each.

To crush the ice just place the cubes in a plastic bag and hammer with a rolling pin!

NUMBER OF PORTIONS PER SERVING  
**1**



#### Nutritional Information per Serving

Energy (kcal)	90.9
Protein (g)	6.59
Fat (g)	1
Carbohydrate (g)	14.6
Vitamin C (mg)	19.75

# ISLANDS IN THE CREAM

Strawberry Meringue Smoothie



NUMBER OF PORTIONS PER SERVING  
**1**

**Serves 2**  
Preparation Time:  
10 Minutes

**Equipment:**  
Blender

## Ingredients

- 2 meringues about 2" diameter
- 250g/9 oz strawberries hulled – keep two for decoration
- 3 scoops of vanilla ice-cream
- 100ml/3 fl oz milk

## Method

Blend together one of the meringues, the strawberries and milk. Then add the ice-cream and blend for another few seconds.

To thicken, add more ice-cream or if you would like it thinner, add a little more milk.

Serve in two glasses. Crush the remaining meringue lightly and sprinkle on top.

### Nutritional Information per Serving

Energy (kcal)	251.2
Protein (g)	4.7
Fat (g)	7.5
Carbohydrate (g)	43.87
Vitamin C (mg)	20.2

# STRAWBERRY MAIDEN

Low Fat Strawberry Yoghurt Smoothie

**Equipment:** Blender

## Ingredients

- 225g/8 oz strawberries
- 150ml/ 5 fl oz low fat strawberry yoghurt



**Serves 1**  
Preparation Time:  
5 Minutes

NUMBER OF PORTIONS PER SERVING  
**2**

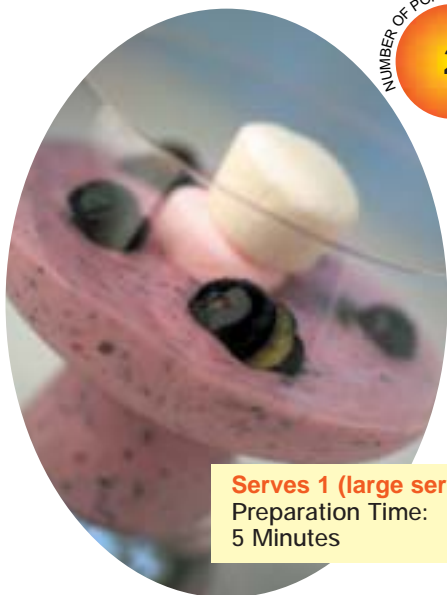
Blend all the ingredients together. Pour into a tall glass and serve with a mint leaf on top!

### Nutritional Information per Serving

Energy (kcal)	195.75
Protein (g)	7.85
Fat (g)	1.25
Carbohydrate (g)	40.35
Vitamin C (mg)	174.5

# MELLOW MALLOW

Blueberry and Strawberry Ice-cream Smoothie



NUMBER OF PORTIONS PER SERVING  
**2**

**Serves 1 (large serving)**

Preparation Time:  
5 Minutes

**Equipment:** Blender

## Ingredients

- 200g/7 oz blueberries
- 3 scoops of strawberry ice-cream – low fat if you like!

## Topping

- 1 marshmallow
- 3 whole blueberries

## Method

Blend the berries and ice-cream until smooth. Pour into a tall glass and place the marshmallow and berries on top.

### Nutritional Information per Serving

Energy (kcal)	381.1
Protein (g)	6.11
Fat (g)	11.92
Carbohydrate (g)	67.8
Vitamin C (mg)	27.5

# THE RASAPPLE FIZZPOPPL

Fizzy Raspberry and Apple Smoothie

NUMBER OF PORTIONS PER SERVING  
**1½**

**Equipment:** Blender

## Ingredients

- 125g/4 oz raspberries
- 2 eating apples, peeled and cored
- 180ml/6 fl oz diet lemonade

## Method

Blend the raspberries and apples until smooth. Stir in the lemonade. Pour into a glass and serve with two large straws.

**Serves 2 (small servings)**

Preparation Time:  
5 Minutes



### Nutritional Information per Serving

Energy (kcal)	66
Protein (g)	1.6
Fat (g)	0.3
Carbohydrate (g)	15.47
Vitamin C (mg)	26

## YUMMY MUMMY

Children's Apple and Strawberry Smoothie with Marshmallow



**Serves 1 large or 2 small servings**

Preparation Time:  
2-3 Minutes

### Ingredients

- 2 eating apples, peeled and roughly chopped
- 200g/8oz strawberries
- 4 tbsp. strawberry yoghurt
- 4 marshmallows

NUMBER OF PORTIONS PER SERVING  
**2**

### Method

Blend the apple, yoghurt and strawberries until very smooth for 1 minute. Serve with the marshmallows on top. These can be decorated with chocolate.

Serve in one large tall glass or two small ones.

#### Nutritional Information per Serving

Energy (kcal)	191.75
Protein (g)	4.1
Fat (g)	0.68
Carbohydrate (g)	27.6
Vitamin C (mg)	86.6

## SUPER SLURPER

Apple and Fennel Juice

**Serves 2 (small servings)**

Preparation Time:  
10 Minutes

**Equipment:**  
Juicer

### Ingredients

- 1 fennel bulb – keep the leafy sprigs for decoration
- 2 eating apples, cored but not peeled
- Juice of ½ lemon (optional)

### Method

Trim off the root end of the fennel and slice lengthways. Cut the cored apples into wedges. Put both through the juicer. Stir in the lemon juice and serve immediately with a sprig of fennel leaf on top. Since it should be very cold, you can serve it on top of a little crushed ice.

Serve in one large tall glass or two small ones.



NUMBER OF PORTIONS PER SERVING  
**2**

#### Nutritional Information per Serving

Energy (kcal)	83.6
Protein (g)	1.5
Fat (g)	0.35
Carbohydrate (g)	2.24
Vitamin C (mg)	20

## BOYS 'N GREEN

*Apple, Celery and Mint Refresher*



**Serves 2 (small servings)**

Preparation Time:  
10 Minutes

NUMBER OF PORTIONS PER SERVING  
**2½**

**Equipment:** Juicer

### Ingredients

- 4 eating apples, cored and quartered but not peeled
- 8 sprigs of mint
- 2 sticks of celery
- 1 tbsp. lime juice – optional

### Method

Blend half of the apples in the juicer. Then, blend the celery, followed by the mint and then the remaining apples.

#### Nutritional Information per Serving

Energy (kcal)	145.8
Protein (g)	1.49
Fat (g)	0.35
Carbohydrate (g)	1.4
Vitamin C (mg)	22.8

## STRAWBERRY STACKERS

*Strawberry Shortcakes*

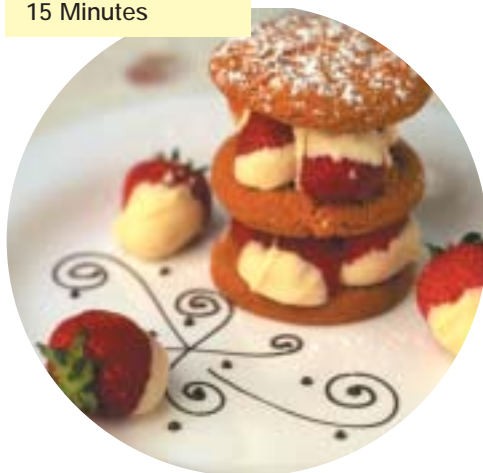
NUMBER OF PORTIONS PER SERVING  
**½**

### Ingredients

- 8 round shortbread biscuits
- 150ml/¼ pint whipped cream
- Icing sugar for dusting
- 50g/2 oz melted chocolate
- 4 whole strawberries
- 8 sliced strawberries

**Serves 4**

Preparation Time:  
15 Minutes



### Method

Place one shortbread biscuit on a plate and 1 tbsp. of the whipped cream on top. Put a few sliced strawberries on the cream. Put another shortbread biscuit on top and dust it with icing sugar. Repeat the process again with the strawberries and another biscuit. Dip the whole strawberries in the melted chocolate and place them on the side of the plate.

#### Nutritional Information per Serving

Energy (kcal)	461.7
Protein (g)	4.95
Fat (g)	21.7
Carbohydrate (g)	42
Vitamin C (mg)	19.25

# FRUITY FROGHURT

Quick Fruit & Yoghurt Ice-cream



NUMBER OF PORTIONS PER SERVING  
**1**

**Serves 4**  
Preparation Time:  
15 Minutes  
Freezing Time:  
2–3 Hours

**Equipment:** Blender/Food Processor

## Ingredients

- 450ml/ ¾ pt low fat natural yoghurt
- 325g/12 oz ripe fruit of choice (e.g. strawberry or apple)
- 100g/4 oz castor sugar

## Method

Beat yoghurt with fork; pour into freezer tray and freeze for 2–3 hours until semi-solid. Wash and peel fruit where necessary and purée with sugar in a blender or food processor. Add fruit to yoghurt and freeze until solid. Remove from freezer for 5 minutes before serving.

### Nutritional Information per Serving

Energy (kcal)	209.3
Protein (g)	7
Fat (g)	3.4
Carbohydrate (g)	39.8
Vitamin C (mg)	63.6

# DIP IN

Fruits with a White Chocolate Dip

**Serves 6**  
Preparation Time:  
10 Minutes

## Ingredients

- 4 apples
- A twist of lemon juice
- 250g/8 oz strawberries
- 250g/8 oz large blackberries
- 250g/8 oz large raspberries
- 225g/6 oz white chocolate

NUMBER OF PORTIONS PER SERVING  
**1½**

## Method

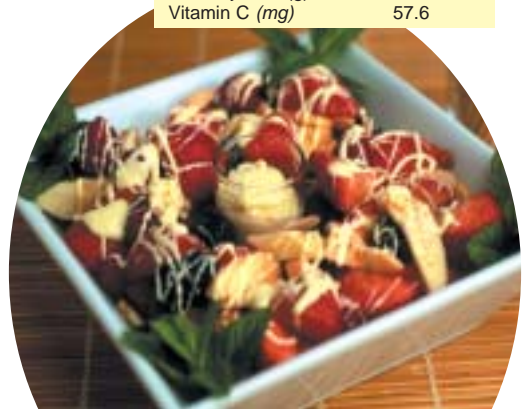
Peel and slice the apples, sprinkle lightly with the lemon juice. Wash and hull the strawberries. Gently wash the blackberries & raspberries and leave to dry on a piece of kitchen towel.

Melt the chocolate in a heatproof bowl over a pan of simmering water. Place the chocolate in a small round bowl. Put the bowl in the centre of a platter and arrange the prepared fruit around it. Spoon melted chocolate lightly over fruit on platter.

Have a few cocktail sticks on the side for smaller berries.

### Nutritional Information per Serving

Energy (kcal)	237.7
Protein (g)	4.2
Fat (g)	9.4
Carbohydrate (g)	24.4
Vitamin C (mg)	57.6



## MOUTH MELTER

Raspberry & Blueberry Sorbet



**Equipment:**  
Food Processor

### Ingredients

- 250g/8 oz frozen raspberries and blueberries
- 2–3 tbsp. orange juice
- 1 tbsp. blueberry jam
- A few drops of lemon juice
- A few berries & mint leaves for decoration

### Method

Put the frozen fruit, the orange and lemon juices plus jam into a food processor. Blend until smooth and creamy.

Scoop into glasses and decorate with fresh berries and mint leaves. Serve at once or put in a plastic airtight container and put into the freezer until you are ready to serve. Remove from freezer 5 minutes before serving.

#### Nutritional Information per Serving

Energy (kcal)	58.9
Protein (g)	1.59
Fat (g)	0.32
Carbohydrate (g)	13.1
Vitamin C (mg)	38.8



## MERINGUE SHEBANG

Summer Fruit Meringue Baskets

**Serves 6**

Preparation Time:  
10 Minutes

### Ingredients

- 6 medium meringue nests
- 300ml/½ pint of fresh cream, whipped
- 4oz/125g red currants
- 4oz/125g raspberries
- 4oz/125g strawberries
- 2 tbsp. raspberry or strawberry liqueur (optional)



### Method

Wash the soft fruits (very gently) and leave to dry on kitchen towel. Slice the strawberries.

Divide the whipped cream between the 6 nests. Then, divide the fruit between the 6 nests. Trickle a little liqueur over each one and serve.



#### Nutritional Information per Serving

Energy (kcal)	303.7
Protein (g)	3.05
Fat (g)	19.7
Carbohydrate (g)	8.8
Vitamin C (mg)	31.2

## STRAW-DI-DAH

Baked Strawberries

### Ingredients

- 450g/1lb strawberries
- 2 tbsp. chopped almonds, toasted
- 3 tbsp. apricot preserve
- 2 tbsp. Cointreau or Grand Marnier

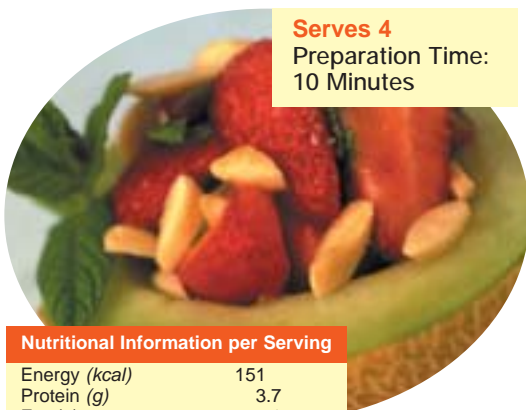


# NUTS ABOUT MELONS

Strawberries with Melon, Mint & Almonds

**Serves 4**

**Preparation Time:**  
10 Minutes



### Nutritional Information per Serving

Energy (kcal)	151
Protein (g)	3.7
Fat (g)	7.1
Carbohydrate (g)	11.5
Vitamin C (mg)	72.5

### Ingredients

- Use small round melons, such as baby Ogen or Galia if possible. If not, use 1 large melon
- 225g/8 oz strawberries
- A little castor sugar
- 4 sprigs of mint
- 16 blanched almonds

### Method

Wash and hull the strawberries, then cut into quarters. Put them into a bowl and sprinkle with a little castor sugar. Roughly tear the mint leaves to release the flavour and add them to the strawberries with the blanched almonds.

Cut the baby melons in half or, if you are using one large melon, cut into quarters. Scoop out the seeds and discard. Fill the cavities with the strawberry mixture.



# EVERYDAY SUNDAES

Mixed Berry Sundae



### Ingredients

- 450g/1 lb mixed berries – strawberries, raspberries, blueberries, red currants or black currants
- 2 tbsp. red currant jelly (conserva)
- 1 x 500g carton of fromage frais
- Mint leaves & red currants to garnish

**Serves 3–4**

**Preparation Time:**  
10 Minutes

### Method

Wash, hull and slice any strawberries you may be using and put together with all the other fruit into a pan with 2 tbsp. water. Bring to the boil and stir in the red currant jelly until dissolved. Remove from heat and cool.

Layer the fruit mix and the fromage frais into individual glasses, topping off with fromage frais, some berries and mint leaves. Chill until required.



### Nutritional Information per Serving

Energy (kcal)	225.7
Protein (g)	9.9
Fat (g)	0.15
Carbohydrate (g)	31.9
Vitamin C (mg)	110



**Method** Heat the oven to 180°C/360°F/Gas Mark 4. Wash and hull the strawberries. Warm the apricot preserve and liqueur in a small saucepan. Put the berries in an ovenproof dish. Pour over the liqueur and apricot preserve. Sprinkle with almonds. Bake for 5 minutes. Serve immediately.

**Serves 4**

**Preparation Time:**  
10 Minutes  
**Cooking Time:**  
5 Minutes



### Nutritional Information per Serving

Energy (kcal)	109
Protein (g)	2.9
Fat (g)	4.3
Carbohydrate (g)	15.7
Vitamin C (mg)	97.3



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