



Fresh Berries Splashed with Orange Juice

Servings: 6

- 1 pint strawberries, sliced
- 1 pint raspberries (or any berries in season)
- 2 Tbsp passion fruit syrup, optional (or 2 Tbsp confectioner's sugar)
- 3 cups fresh orange juice (6 oranges freshly squeezed)
- Light sprinkle of freshly grated nutmeg

Method

1. Wash the berries and pick them over to remove any foreign bodies.
2. Slice the strawberries. Divide the berries between 6 small bowls.
3. Drizzle 1 tsp of passion fruit syrup over each bowl of berries (if desired. Cover with orange juice and top with a light sprinkle of freshly ground nutmeg and serve.

Nutrition Information (per serving)

85 calories (4.2% calories from fat), trace total fat, (trace sat. fat), 1 grams protein, 20 grams carbohydrate, 1 grams dietary fiber, 0 mg cholesterol, 5 mg sodium, 33 mg calcium