



Fruit Shakes

Soak our dried mangoes, apricots, bananas and pineapples in milk or yogurt for an hour, then blend for a real fruit shake.

Fruit Porridge

Add our bananas and apricots to your porridge – you'll love it.

Granola

Make your own granola by mixing together in a roasting pan:

- 6 parts oats,
- 1 part wheat bran or wheat germ
- 1 part chopped nuts,
- 1 part sunflower seeds,
- 1 part sesame seeds,
- 1 part coconut flakes

In a small saucepan, gently warm together:

- 1 part sunflower oil
- 1-2 parts runny honey, depending on how sweet you like it

Spoon over the mixture in the pan and mix around to coat evenly. Roast in the oven for about 45 mins to 1 hour (depending on how full the pan is) at 150 C. Stir thoroughly every 15 minutes. Take the pan out of the oven and while the mixture is still hot, immediately add:

- 1 part chopped Tropical Wholefoods Fairtrade sun dried apricots
- 1 part chopped Tropical Wholefoods dried mango and pineapple (easiest to cut with scissors)
- 1 part raisins

Allow to cool and store in air tight container.

