

ALOHA FRIES (SERVES 4 – MAKES 24 'FRIES')

Ingredients:

Fries:

- 2 pieces Gardenia Tomato & Cheese Bread Stix, cut each into 12 strips
- 4 slices chicken ham, cut each slice into 12 strips
- 200 g cucumber, cut into 20 strips

For glazing:

- Mix 2 tsp honey with 2 tsp water

Pineapple Dip:

- 80 g pineapple, cut into medium-sized cubes
- 6 tbsp plain low-fat yoghurt



Directions:

1. Pre-heat the oven at 175°C. Line a baking tray with aluminum foil and set aside
2. In a blender, process the pineapple cubes and yoghurt until smooth and a puree is formed. Set aside and let it chill in the refrigerator
3. Wrap each of the 'fries' with a strip of ham
4. Place the 'fries' wrapped with ham in the baking tray then brush with the glaze
5. Bake the 'fries' in the oven at 175°C for 5 minutes
6. Serve the 'fries' with cucumber strips and pineapple yoghurt dip

Tips:

- These Aloha Fries come with a refreshing and fruity pineapple dip with an easy-to-do side salad. It can be served as a healthier fries to the children with a Hawaiian twist.
- Serve the 'fries' with another fruit dip by using your child's favourite fruits to replace the pineapple.

Nutrition Information Panel**Approximate Nutritional Analysis per Serving**

Servings per recipe: 4	
	Per serving
Energy	113 kcal
Carbohydrate	18 g
Protein	6 g
Total Fat	1.7 g
Saturated fat	0.6 g
Dietary Fibre	0.9 g
Cholesterol	9 mg
Sodium	220 mg

 *So good... you can even eat it on its own!*