

# Dried fruit

Sultanas



Dates



Dried bananas



Dried Apples



Apricots



Serves



1 1/2 tablespoons of sultanas



2 whole dried apricots



Figs

Dried peaches



Dried pawpaw



Dried pear



Dried pineapple



**There is no need to print the following page when printing and using this resource**  
**Health Professional Facilitator Information**

You must use your own professional judgement when using this resource

**Purpose of resource:**

To promote eating FREE vegetables.

**Target group:**

This resource is designed to be used by Australians of all ages.

**Notes:**

This resource is designed to be printed A3 size and then laminated.

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