



Fruit blends

Ingredients

For single fruit blend:

Choose a fruit that can be blended into a smooth, homogenous texture: such as peach, pear, mango, kiwi, melon, etc.

For multi-fruit blends:

Combine fruits with pulp (such as mango, papaya, banana, strawberries, apricots, etc. to give the blend more body) with juicy fruits (citrus, melon, watermelon, berries, etc.)

Method

For single fruit blend:

- Pear-mint blend: Use two pears at their maximum ripeness, peel and core. Blend with a few mint leaves and a drizzle of lemon juice.
- Peach blend: Use a perfectly ripe peach, peel and remove stone. Blend.
- Melon-yoghurt blend: Use a few slices of ripe melon, remove rind, and cut into small chunks. Blend with half an individual-sized plain yoghurt.

For mixed fruit blends:

- Option 1: 50 g apple (use 1/4 of a whole apple, peel and deseed), 30 g pear (1/4 whole pear peeled and deseeded), 50 g peeled banana (1/2 whole banana), 50 g strained orange juice. Blend everything together.
- Option 2: 70 g apple, 40 g mango, 80 g orange (peeled and deseeded). Blend everything together.
- Option 3: 45 g banana, 60 g kiwi, 95 g pineapple (remove rind and seeds). Blend everything together.

Recommendations

Always use perfectly ripe fruit for optimal texture and sweetness.

We also recommend consuming fruit blends immediately after preparation to avoid oxidation.

Acidic fruits should be avoided in case of mucositis and for people with trouble swallowing. In case of serious dysphagia, blends should be passed through a sieve to eliminate any fibres, seeds, etc.