



Fruit Mix (*Fruit Chaat – Savoury*)



Serving
5-7



Prep
20 Minutes



Contributer
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3 cups Green Grapes, seedless
3 medium Tangerines, cleaned
3 medium Bananas, ripe
1 ½ tbsp Lemon juice
½ tsp Fruit chaat *masala* (store bought)

1. Cut up the green grapes, tangerines and slice the bananas.
2. Mix these together in a bowl.
3. Add lemon juice and sprinkle the fruit chaat *masala*.
4. Refrigerate and serve cold.

DIETITIAN'S MESSAGE

Fruit chaat masala is found in the Indian spice section and can include a mixture of spices including black salt, white salt, clove, mango powder and tamarind powder.



Scan the QR code to view and download the **The Brain Health Food Guide** – an eating tool that includes a variety of healthy foods that supply your brain with the nutrients it needs to function best and will help lower the risk of dementia.

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