



Fruit Mix (*Fruit Chaat – Savoury*)



Serving
5–7



Prep
20 Minutes



Contributer
Anisha Mahajan PhD (c), MPH, RD, CDE

- 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.

CCNA
Canadian Consortium
on Neurodegeneration
in Aging



CCNV
Consortium canadien en
neurodégénérescence
associée au vieillissement