



Ingredients

1 small piece of fruit (such as an apple, kiwi or mandarin) (100g)
6 whole almonds (not skinned)
or 6g Karl's spicy mixed nuts (see separate recipe)

Method

Using a sharp knife, cut the apple into quarters and remove the core, then cut into slices. Alternatively peel the kiwi and cut into slices or peel the mandarin and separate into segments. Serve on a plate with the almonds or Karl's spicy mixed nuts.

* Suitable for vegetarians