



### Figs

Did you know figs are high in antioxidants? Even higher than the "superfood" Goji berries! Two figs provides you with 10% of your daily fibre intake and are very low in calories/kilojoules.

They go beautifully on a cheese platter if you're entertaining, slice a fig or two on your morning bowl of muesli/oats for extra fibre and sweetness or serve as dessert with a dollop of low fat yoghurt and drizzle of honey.

***VIS Sports Dietitian, Kylie Andrew***