



# Fruit Search

- PRUNES
- DELICIOUS
- DATES
- CRANBERRIES
- SULTANAS
- FRUITSALAD
- SNACK
- PLUMP
- PINEAPPLE
- NIBBLING
- SWEET
- BANANACHIPS
- HEALTHY
- MUNCHING
- RAISINS
- JUICY



## Facts

- 🕒 Dates have been harvested for over 5000 years and were a favourite food in Ancient Persia.
- 🕒 Early American colonists made grey paint out of blueberries by boiling them in milk.
- 🕒 According to popular folklore from the Turkish Empire, the sultana was invented when the Sultan left his grapes in the sun after fleeing a tiger attack, hence the name sultana.
- 🕒 Dried plums are called prunes – they are very sweet and make a tasty snack.
- 🕒 Fresh cranberries contain small pockets of air, which make them bounce and float on water.

At FreshLife® everything happens naturally. Our passion means our dried fruit, nuts & seeds are carefully picked from the very best growers in Australia and beyond!