

Chopped fruit salad

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Ingredients

Serves 4

- 1 clementine
- 6 red grapes
- 6 green grapes
- 1 kiwi fruit
- 1 apple
- 1 banana
- 2 x 15ml spoons orange juice

Equipment



Method

1. Peel the clementine and separate into segments.
2. Cut the grapes in half and remove any seeds.
3. Peel the kiwi fruit and slice.
4. Quarter the apple, remove the core and slice.
5. Peel the banana and slice.
6. Place all the fruit in the mixing bowl.
7. Add the orange juice and mix together.



Top tips

- * Try using different types of fruit such as sliced peaches, chunks of fresh mango or canned pineapple pieces.
- * Use other types of fruit juice instead of orange juice.
- * Cut the fruit into very small, even sized pieces to make a fruit cocktail.
- * Go for seasonal fruits!

Skills

- | | |
|----------------|---|
| Using a Knife. | ✓ |
| Peeling. | ✓ |
| Measuring. | ✓ |



EAT FOR HEALTH

- * On your way to 5 A DAY!
- * Fruits are low in fat and rich in many vitamins and minerals.
- * Have this as a healthier snack or dessert.

TAKE CARE!

Wash the grapes and apple before using them.