

FRUIT SALAD

250ml fruit juice

A selection (3-5) of the following (try to get a good selection of colours and textures)

Apple	Peach	Grapefruit
Pear	Grapes	Melon
Cherry	Pineapple	Orange
Nectarine	Plum	Banana
Strawberry	Kiwi fruit	

1. Wash the fruit which will keep it's skin
2. Prepare the fruit
 - Apple/Pear - cut into quarters, remove the core and slice
 - Grapes/Cherries - cut in half and remove any pips
 - Orange/Grapefruit - remove all skin, peel, divide into segments
 - Mango - peel and cut slices which will then be cut into pieces
 - Plums/peaches - cut in half and remove the stone, cut into pieces
 - Pineapple - ask for help
 - Banana - peel and slice and place in lemon juice so that they do not discolour
 - Kiwi fruit - remove skin and cut into slices
3. Add all fruit to the juice as soon as it is cut
4. Leave in the fridge (unless it contains banana)