

FRESH FRUIT SALAD

INGREDIENTS

1 Red apple
1 Green apple
2 Oranges
1 Banana
100g / 4oz Grapes
Small carton fruit juice (apple/orange/pineapple)

OPTIONAL EXTRAS

Add any of these depending what is available!

Strawberries	Peach	Cherries
Nectarine	Melon	Kiwi fruit
Plums	Apricots	Passion fruit
Pineapple	Satsuma	Clementine
Mango	Pear	

A dish with a lid to carry your fruit salad home in.

Apron!!!

METHOD

- Wash hands, tie hair back, put on apron.
- Empty fruit juice into your mixing bowl.
- Peel and slice the fruit (each one is done in a slightly different way)
- Put each type of fruit into the juice – make sure it is coated to stop it going brown.
- Put ALL peelings, pips and cores into the bin!
- Mix all the fruit salad carefully and transfer to your own dish.
- Wash up and dry any equipment used.
- Wipe down work area and tidy up.