

FRUIT SALAD

Ingredients:

1 orange
1 apple/pear
1 kiwi
1 banana
Pineapple chunks
Grapes
125ml fruit juice

All fruit can be changed to suit the individual salad.

Method:

1. Put the fruit juice in the bowl,
2. Prepare first the fruit that doesn't go brown eg orange, kiwi, grapes and pineapple chunks.
3. Next prepare the fruit that goes brown eg apple, pear and banana.
4. Keep turning the fruit in the fruit juice so it is well coated.
5. Put in the container.

