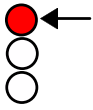


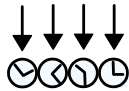
How to make a fruit salad



Top



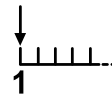
Tips!



Always



wash your hands



first



Choose

3

4

5

or



maybe

even

6

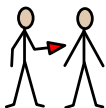


bits

of



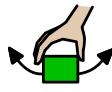
fruit



If

you

are



using

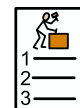


apples

or



banana

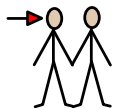


plan

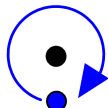
to



eat



them

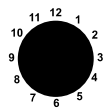


around

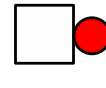


30 minutes to

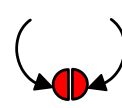
1



hour



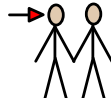
after



making to



stop



them



going



brown.

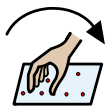


Be



brave

and



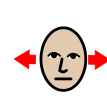
try



something new-



why



not



add



some



mint

or even a



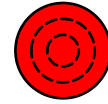
little



chilli powder!



How to make a fruit salad



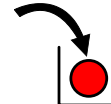
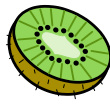
Equipment: chopping board, knife, measuring jug a large bowl



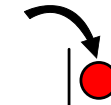
Ingredients: kiwi, orange, pear, banana, orange juice and a sprig of mint



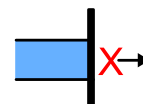
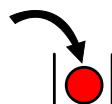
Pour 200ml of orange juice into a bowl



Peel the kiwi and slice it. Put into the bowl.



Peel the banana and slice it. Put into the bowl.



Cut the orange into segments then cut off the skin



Put orange segments into the bowl



Slice

the



pear

+

and



add

it to the



bowl



with

the



skin



on



Finely



chop



up

the

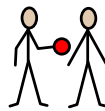


mint



Add

it to



your



fruit salad



Put

it

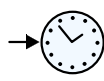


into

the



fridge



until



you

are



ready

to

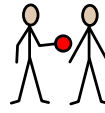


serve

it.



Wash up



your



utensils.



Eat

+

and



enjoy!