

# Fruit salad

## Ingredients

1 banana

1 apple

1 orange

4 strawberries

10 grapes

1 kiwi fruit

## Equipment

Chopping board, knife, mixing bowl, measuring jug.

## Method

1. Prepare fruit:

- peel and slice the banana;
- core and slice the apple;
- peel and segment the orange;
- halve the strawberries;
- halve the grapes
- peel and slice the kiwi fruit.

2. Place all the fruit into a large serving dish and mix gently.

## Top tips:

- If you are not peeling the fruit, make sure it is washed before you use it.
- Use fresh fruit in season, like raspberries in summer or apples in autumn.
- Mix in some canned fruit like pineapple or peaches - if using canned fruit opt for those canned in natural juice instead of syrup.
- Serve with low-fat yogurt for a great breakfast or dessert.

