

Fresh Fruit Salad

Ingredients:

- 1 Apple
- 1 Banana
- 1 Pear
- Small Carton of Juice/Small Tin of Fruit in Syrup

Two of the Following:

- 1 Kiwi Fruit
- 1 Mango
- 1 Passion Fruit
- 1 Tangerine or Satsuma
- A few Strawberries or Raspberries
- Lemon Juice

Equipment:

- Chopping Board
- Small Bowl
- Vegetable Knife

Method:

1. Peel or wash the fruit
2. Cut the fruit into even sized portions
3. Put apple and banana into lemon juice
4. Add juice or fruit syrup to bowl
5. Combine all remaining fruits and mix

