

Fresh fruit salad

Ingredients

Weight	Ingredients
625 g	apples (eating)
375 g	pears (fresh)
500 g	Satsuma (fresh or tinned in juice)
175 g	kiwi fruit
200 g	grapes or strawberries
400 g	canned pineapple (in juice)
560 ml	orange juice



Method

1. Wash the apples, pears and grapes/strawberries.
2. Remove cores from the apples and pears, peel and deseed the satsumas, and peel the kiwis
3. Slice the apples, pears, kiwis and satsumas into a bowl.
4. Remove the seeds from the grapes/or stalks from strawberries and add to the fruit mixture.
5. Add the canned pineapple with its juice, and the orange juice, mix well and chill.

Notes

Servings

Population Group
Juniors, 7-10 yrs

Servings from recipe
20