

Fruit Fusion

Year 3 – Summer Term

Ingredients (fruits in season)

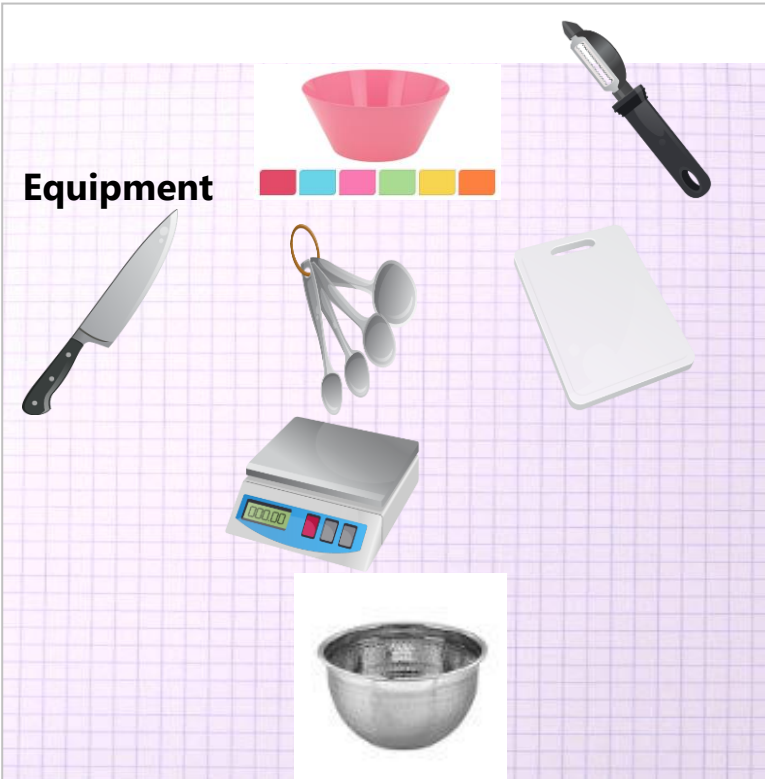
- 1 apple or pear
- 1 clementine
- 6 green grapes
- 1 banana
- ½ kiwi fruit or 1/6 mango
- Lemon juice
- 2 x 15ml spoons of orange or tropical juice

Method

1. Peel the apple / pear, cut and remove the core (as shown) and slice.
2. Cut the grapes in half and remove any seeds.
3. Cut up kiwi / mango.
4. Peel the clementine and separate the segments removing all the pith.
5. Place all the fruit into the container.
6. Add the juice and mix.



Equipment



Hints and tips

