

Cookery Club
Wednesday 10th October 2018
Fruit Salad

Ingredients:

A selection of fruits depending on personal preference, however these are the fruits that were offered to the children this week in Cookery club:

- ❖ Apple
- ❖ Pear
- ❖ Orange
- ❖ Peach
- ❖ Plum
- ❖ Honeydew melon
- ❖ Kiwi
- ❖ Grapes
- ❖ Banana
- ❖ Pineapple, mango or apple and cherry fruit juice

Method:

- ❖ Prepare e.g. peel, cut, slice and remove stones as needed for each fruit.
- ❖ Add the fruit to a plastic container and mix.
- ❖ Choose a fruit juice and pour onto the fruit until it is covered.
- ❖ Keep in the fridge and enjoy as a snack or pour over your breakfast cereal/porridge!

