

Fresh Fruit Salad

Ingredients

1 lemon

1 banana

1 apple (red skinned)

1 pear

1 orange

100g / 4oz grapes

(maximum of 5 fruits)

Other fruit as available e.g.kiwi,
strawberries, raspberries,
pineapple, melon, peach, cherries
etc.

250ml / ½ pt fruit juice

Container with tight fitting lid.

Apron