

# FRESH FRUIT SALAD BETWEEN 2

## Ingredients

$\frac{1}{2}$  Red apple

$\frac{1}{4}$  Orange

$\frac{1}{4}$  Banana

25g Grapes

100ml Unsweetened orange juice

## Method

All fruit should be placed into a container as you prepare

1. Orange - remove skin, divide into segments and cut each piece in half
2. Grapes - cut each grape into 4 and remove seeds.
3. Apple - cut in half and remove core. Cut each piece into small pieces.
4. Banana - peel and slice thinly.
5. Collect the fruit juice and pour over fruit in container. Lightly stir the fruit through the fruit juice.

