



FRUIT SALAD

Ingredients

- Watermelon
- Plums
- Grapes
- Apples
- Strawberries or cherries
- Mint

Method

- Allow your volunteer to cut your watermelon into large wedges for you to cut up into small pieces
- Cut your stone fruit in half remove the Pip then cut into quarters.
- Wash your mint then chop finely
- Wash your grapes then cut in half.
- Peel your oranges then cut into small pieces,
- Cut your apple in half then take out the core and cut in halves again.
- Chop the cherries or strawberries in half depending on availability
- Place into 2 large bowls.
- Mix all the fruit through gently sprinkle with mint and serve .
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