

# Fruit kebabs or Fruit Salad

## Ingredients for fruit kebabs:

- 1 lemon/lime
- 1 banana
- 1 apple
- 1 orange
- And one or two of the following if you like:
  - Handful of grapes
  - Kiwi fruit
  - Small melon
  - Handful of strawberries
  - Small mango
  - Wooden skewers

## Method

1. Squeeze the lemon/lime juice into a bowl
2. Cut the fruit up into small cubes
3. Dip the banana cubes/apple cubes into the lemon juice to prevent browning.
4. Put a slice of banana onto one end of a skewer
5. Slide the other fruit cubes onto the skewer in any combination
6. Finish by placing another banana cube at the end of the skewer

## Ingredients for fruit salad:

- 1 banana
- 1 apple
- 1 orange
- And one or two of the following if you like:
  - Handful of grapes
  - Kiwi fruit
  - Small melon
  - Handful of strawberries
  - Small mango
- 1 carton of orange juice (not squash!!)

## Method

1. Cut all of the fruits into small cubes
2. Place into a bowl
3. Cover with the orange juice to prevent fruit browning