



MAKE-IT-MYSELF THREE FRUIT SALAD

INGREDIENTS

- 1 x 2 – 3cm wedge of melon – removed from skin
- 3 – 4 strawberries – stalks removed
- 1 small banana
- 150ml unsweetened apple juice

EQUIPMENT

- chopping board
- short-bladed sharp knife
- tablespoon
- measuring jug
- serving bowl
- spoon

HOW TO MAKE IT

1. With the knife, cut the melon wedge into smaller pieces. Put the melon in the serving bowl.
2. Cut the strawberries in half (if they are large) or leave whole. Arrange them in the bowl with the melon.
3. Peel and slice the banana and arrange the slices in the bowl.
4. Add 150ml apple juice to the bowl, pouring it over the fruit.
5. Eat immediately before the banana has had time to turn brown.