

# Fruit Salad (Fruit Fusion)

## Ingredients

300ml Fruit juice e.g. orange, pineapple, apple, cranberry etc (no squash)

5 x different fresh fruits

Examples -

$\frac{1}{4}$  Melon

$\frac{1}{2}$  Mango

1 Apple

2 Passion Fruits

10 - 20 berries (depending on size)

## Method

1. Prepare food handler
2. Empty juice into a clean container
3. Peel, Deseed, Chop and slice fruit into bite size pieces
4. Mix all fruits together and place in the fridge.
5. Wash up and clean all equipments and work surfaces.

(Remember your grips and knife skills and think about the presentation of your fruit)

Also remember to do apples and fruit which go brown quickly last

