

Fruit Salad

Serves 20 people

Ingredients

- ◆ 8 Apples
- ◆ 6 Pears
- ◆ 4 Guavas
- ◆ 8 Sharon fruits
- ◆ 8 Kiwis
- ◆ Black seedless grapes
- ◆ Blueberries - 4 pack
- ◆ Strawberry - 4 packs
- ◆ 6 Bananas
- ◆ 2 cups of orange squash
- ◆ 2tbsp cinnamon powder



Instructions

1. Wash all the fruit and leave to drain.
2. Cut the apples in two pieces and remove the seeds. Dice into slices.
3. Cut the pears in two pieces and remove the seeds. Dice into slices.
4. Peel the kiwi's and the bananas.
5. Remove the green leaves from the strawberries.
6. Cut the guavas in two pieces and remove the seeds.
7. Put the apples into the food processor and using blade no.1 to blend the apples.
8. Add the pears, guavas, then the kiwis, followed by the Sharon fruit, the grapes, blueberries, strawberries and finally the bananas into the blender.
9. Once blended, pour the mixture into a bowl. (you may need to blend the fruits in small portions)
10. Add two cups of orange squash to the bowl.
11. Finally add two table spoons of cinnamon powder mix everything together and serve.

Enjoy!

These recipes have been developed by ladies in the community, sharing their skills, promoting healthy eating. For more recipes visit www.dostigroup.co.uk