

Recipe 3: Rainbow Fruity Skewers

Choose your favourite fruits to make it as colourful as a rainbow

Green:	Green Apples ,Green seedless Grapes, Kiwi, Melon
Yellow:	Bananas, Pineapple, Honeydew Melon, Pear
Orange:	Orange, Cantaloupe Melon
Blue/Purple:	Red/ Black Seedless Grapes, Blueberries
Red:	Strawberries, Cherries, Red Apples, Watermelon

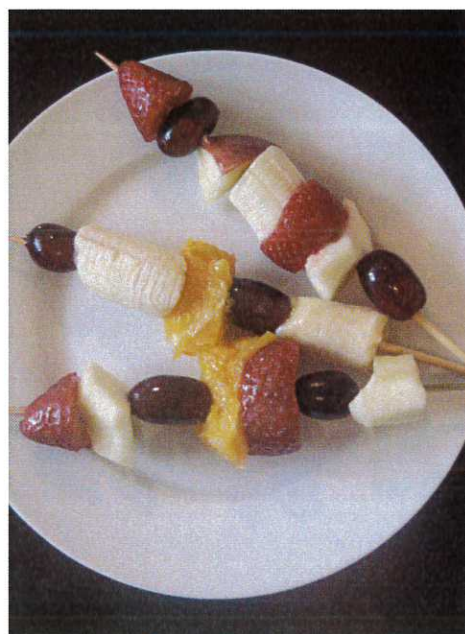
Recipe Idea

Preparation time: 10-12 mins

Apples green and/or red diced 15mm
Grapes Red and/or Green whole
Banana slices 40mm
Strawberries cut in half
Orange slices halved
Melon diced 15mm
Wooden skewers

Instructions

1. Wash the grapes and the strawberries together. Wash the outside of the apples, melon and oranges. Peel the bananas.
2. Ask a grown-up to cut the apples in halves and remove the core. Next take out the seeds from the apples, melon and oranges and slice off the outer layer of the last two. Then all the fruit need to be cut in the correct sizes (Maybe help your grown-up by measuring the pieces with your ruler).
3. Arrange on a plate the right order you would like the fruit to appear on the skewer. With the help of a grown-up, push the fruit one by one gently. It is best to use a harder fruit at the base like an apple or grape.
4. Serve and enjoy your amazing colourful fruity skewer, being careful when eating.



Serving suggestion

We look forward to receiving pictures of YOUR fruity skewers. Please ask your parent or carer to e-mail the picture with your name & class to:

admin@midfield.bromley.sch.uk