

EQUIPMENT

Large bowl
Large spoon
Chopping board
Cook's Knife

INGREDIENTS

2 apples cored and diced
2 pears cored and diced
2 oranges peeled and cut into segments
2 bananas peeled and sliced
 $\frac{1}{4}$ cantelope skin removed and cut into large chunks
 $\frac{1}{4}$ small watermelon skin removed and cut into large chunks
 $\frac{1}{2}$ pineapple skin removed and cut into chunks

Optional: Use berries or seasonal fruit. Aim for a variety of colours for optimum health.



METHOD

1. Place prepared fruit in a large bowl.
2. Gently stir to combine
3. Serve with yogurt