

# Fruit Salad



## Fruit Salad

Per portion

### ENERGY

388kJ / 92kcal

5%



### FAT

0.7g

1%



### SATURATES

0.3g

2%



### SUGARS

16.5g

18%



### SALT

0.2g

3%

% of an adults reference intake

Typical values per 100g: Energy 194kJ / 46kcal

# Fruit Salad Equipment



Bowl



Chopping board



Knife

# Fruit Salad Ingredients



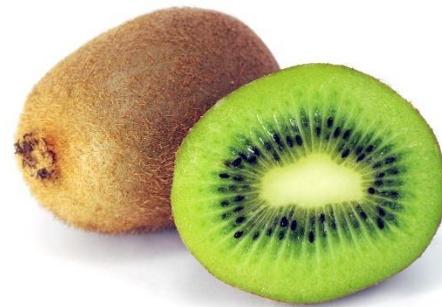
Strawberries



Blueberries



Pineapple



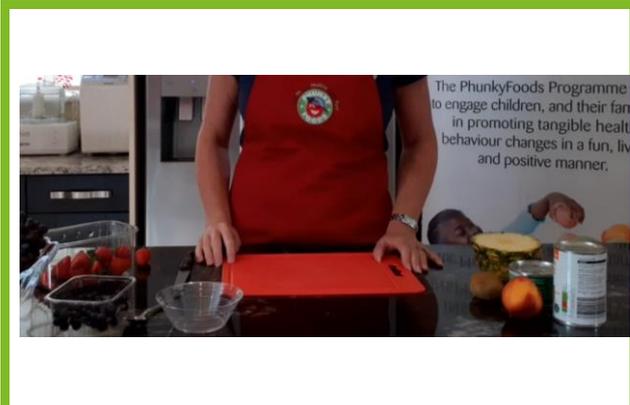
Kiwi



Peach

# Fruit Salad Recipe

①



Get all of your ingredients

②



Chop peach

③



Chop peach

④



Add to bowl

⑤



Add blueberries

⑥



Chop strawberry

# Fruit Salad Recipe

⑦



Add to bowl

⑧



Chop pineapple

⑨



Add to bowl

⑩



Chop kiwi

⑪



Add to bowl

⑫



Enjoy!