

Exploring Fruit - demonstration

Recipe fruit platter + Cinnamon Honey Cream

Serves 1

Equipment

Paper plates /wooden forks/plastic freezer bags large
Chopping boards
Peelers

Ingredients

1/2 banana
2 strawberries
1 mandarin
2 Tbsp blueberries
10 green grapes
1 passionfruit
1 kiwi fruit
slice watermelon

Serves 2

Cinnamon Honey cream

2 Tbsp greek natural yoghurt
2 Tbsp light smooth ricotta cheese
1 tsp honey
pinch cinnamon

Participants to bring
chopping board,
tea towel, apron, peeler,
small, knife,
melon baller.

Demonstrate different
ways to cut fruit .
Melon baller
Peel orange, kiwi
cut strawberries

