

Kiwi

RAINBOW FRUIT SALAD

Makes approximately 6 servings

INGREDIENTS

- **Green** - 2 kiwis (or 1 green apple, or 1 bunch green grapes)
- **Yellow** - 1 cup apricot halves (or 1 banana)
- **Orange** - 1 orange (or 1 mango or 2 tangerines)
- **Red** - 1 cup strawberries (or 1 red apple)
- **Purple** - 1 bunch purple grapes

Dressing:

- 1/4 cup lime juice
- 1/4 cup honey
- 2 tablespoons coconut flakes (optional)

SUPPLIES

- large mixing bowl
- mixing spoon
- measuring spoons
- measuring cups
- cutting board
- sharp knife
- 5 bowls

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NOTE TO GROWN-UPS

This salad can be made several hours in advance, but should be made at least 30 minutes before serving so that the flavors have time to blend. Children can wash and drain the fruit while an adult cuts up any fruit requiring a sharp knife. Children can then assemble the salad with some adult supervision.



DIRECTIONS

1. Invite your child to wash their hands and join you for a cooking activity.
2. Wash and drain all fruit before beginning to make the salad.
3. Peel and cut the kiwis and place in the large bowl.
4. Measure the apricot halves and add to the kiwis.
5. Peel and section the orange and add to the kiwis and apricots.
6. Slice the strawberries and add to the other fruit.
7. Stem the grapes and add to the fruit salad.
8. Squeeze the lime into a small bowl.
9. Add the honey to the lime juice and stir until the mixture is well blended.
10. Add the lime juice mixture to the fruit salad and mix until all the ingredients are evenly distributed.
11. Sprinkle salad with coconut or save the coconut until serving time to sprinkle over individual servings.
12. Refrigerate for later use.
13. Serve.

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