

Juicy Fruit Salad

There are so many kinds of fruits. They come in lots of different shapes and colors—and flavors, too. Happily, they don't just taste good, they are also extremely healthy. You can combine your favorite fruits to make a delicious salad, and you can change the ingredients depending on the season and what is available when you're making it. Here, we show you how you can even skip the bowl and eat your lovely salad out of a melon instead. Make sure you wash your fruit first!

Takes 30 minutes, serves 2

Ingredients:

- 1 kiwi, peeled and sliced in half
- 1 peach, sliced in half and de-stoned
- 6 strawberries, tops removed and hulled
- 1 small melon
- 10 blueberries
- The juice of ½ an orange
- 2 teaspoons maple syrup
- 1 tablespoon almond flakes

You will need:

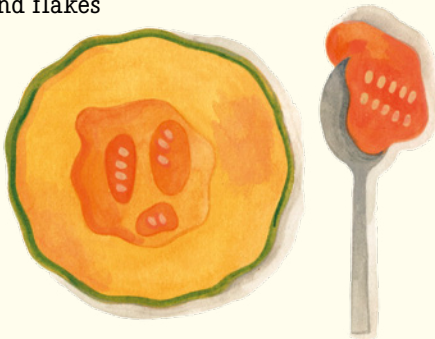
- 1 knife and chopping board
- 1 tablespoon
- 1 citrus squeezer (optional, as you can squeeze the orange by hand if necessary)
- 1 medium bowl (for the dressing)



- 1 Slice the kiwi, peach, and strawberries into big chunks.



- 3 Arrange the fruit chunks, the melon pulp, and the blueberries in the melon halves.

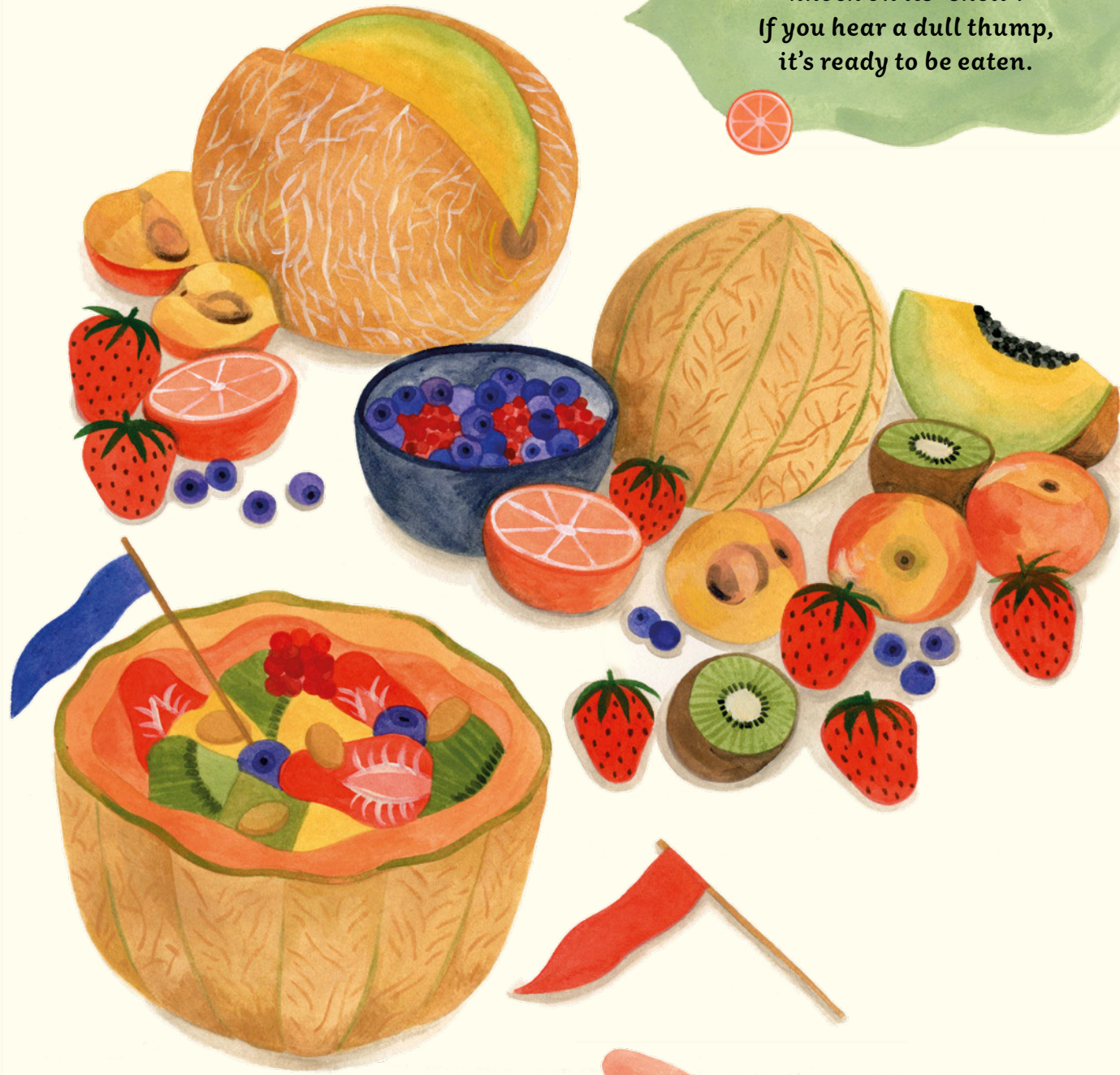


- 2 With the help of an adult, cut the melon in half, scoop out the seeds using the spoon, and hollow the pulp out of both halves, so they can become your salad bowls. Put the pulp and juice to one side.



- 4 Now make a "dressing": mix two tablespoons of the melon juice with the orange juice and maple syrup.

To test if a melon is ripe, knock on its "shell". If you hear a dull thump, it's ready to be eaten.



- 5 Pour the dressing over the fruit salad and sprinkle the almond flakes on top. You can either serve them straightaway or keep in the refrigerator for a few hours.

