


Fruity snack pots

Serves: 5 

Makes: 5

Equipment: 

Chopping board,
knife,
mixing bowl,
spoon,

5 small Tupperware pots

Ingredients: 

- 1 apple
- 1 tin of pineapple in fruit juice
- 8 sliced strawberries, optional
- Quarter of a punnet of grapes (80g)
- 2 kiwi fruit (80g)



Method: 

1. Cut the apple into bite size chunks and add to the mixing bowl.
2. Drain the pineapple and cut into bite size chunks. Add the pineapple to the mixing bowl.
3. Wash the strawberries and cut them in half. Add the strawberries to the mixing bowl.
4. Wash the grapes and add them to the mixing bowl. You may choose to cut the grapes in half depending on the age of your child.
5. Peel the kiwi fruit and cut into bitesize chunks. Add the kiwi to the mixing bowl.
6. Using the spoon mix the fruit together. Spoon the fruit evenly into the 5 Tupperware pots, put the lids on and leave them in the fridge. They will be perfect as a quick afterschool snack or an after dinner pudding.