

# 食譜

## Recipes



## Colourful Fruit Basket

### Ingredients:

Pineapple	1 piece
Strawberry	1 box
Hami melon	1 piece
Kiwi fruit	4 pieces
Orange	3 pieces
Red grape	½ pound

(Serves about 12 persons)



### Method:

1. Wash all the fruit.
2. Cut the pineapple, hami melon, and kiwi fruits into thick slices. Slice the oranges into eight pieces.
3. Use the shaped-molds to cut the fruit into star, flower, round shapes, etc.
4. Make fruit skewers using the bamboo sticks. Place the fruit skewers in a small container and arrange them into a beautiful flower basket.



### Nutrition Tips

1. Fruit of various colours contains many different kinds of vitamins and antioxidants. It is natural and healthy.
2. The fruit should be consumed within four hours or discarded after that.
3. Keep good hygiene when cutting or peeling fruit.