

FRUIT RAINBOW RECIPE

Fruit makes me smile and fills my day with joy. This colourful Fruit Rainbow is deliciously healthy and can be enjoyed all year round. From tropical to pome fruit and flavourful berries and citrus; this is one way to make cooking with kids very exciting. Let's hop into Missy Peacharoo's kitchen!

INGREDIENTS

- ✱ Red – watermelons, strawberries, raspberries
- ✱ Yellow – pineapples, gold kiwis, yellow watermelons
- ✱ Pink – pink lady apples, pink dragonfruit
- ✱ Green – grapes, granny smith apples, kiwi fruit
- ✱ Purple – plums, figs
- ✱ Orange – oranges, mandarins, nectarines, rockmelons
- ✱ Blue – blueberries

METHOD

Parents you can buy kiddi cutters so the kids can cut food safely.

Cut the watermelon, pineapple and orange into cubes.

Cut the apple into cubes using the skin side up.

Slice the plum into thin slices using the skin side up.

Slice the grapes in half.

Create an arch with the watermelon and follow on the inside of the arch with the pineapples, apples, grapes, plums, oranges and blueberries.

For that extra zing and flavour I like to squeeze some lime juice over all the fruit.

Enjoy the fruit rainbow alone or add your favourite topping. Yummy!!

MISSY PEACHAROO™

HELP MISSY PEACHAROO FIND HER WAY TO
ENJOY SOME DELICIOUS FRUIT AND VEGETABLES



START

HOP INTO
HEALTH

FINISH



NAME: _____ AGE: _____