

# Fruit Salad and Yoghurt

## Ingredients

- 500g watermelon
- 3 bananas
- 3 apples
- 3 pears
- 1 lime
- ½ teaspoon ground ginger (optional)
- 2 sprigs of mint (optional)
- 1/4 cup shredded coconut (optional)
- 2kg yoghurt

Serves: 20

Prep Time: 20 mins

Cook Time: 0 mins



## Method

1. Wash all fruit thoroughly.
2. Dice the watermelon, banana, apple and pear into small cubes. Add all fruit to a large salad bowl.
3. Use grater to zest the lime.
4. Remove mint leaves from stalk and finely chop.
5. Add the lime zest and juice, ground ginger, mint and shredded coconut to the fruit salad and stir through.
6. Serve immediately or refrigerate until ready to serve.
7. Serve with a spoonful of vanilla yoghurt.

### Recipe Notes:

Use fruit that is cheaper and in season - you could use kiwi fruit, grapes, berries, mango, pawpaw, pineapple, stone fruits or other melons when in season. Tinned peaches or pineapple in natural juice would work well. Could also serve with a tablespoon of natural muesli.

Food Group	Serves per recipe	Serves per portion
Vegetables	0	0
Fruit	13	0.6
Grain foods	0	0
Lean meat and alternatives	0	0
Milk, yoghurt and cheese	10	0.5