

Rainbow Layered Fruit Cup

Preparation time: 15 minutes

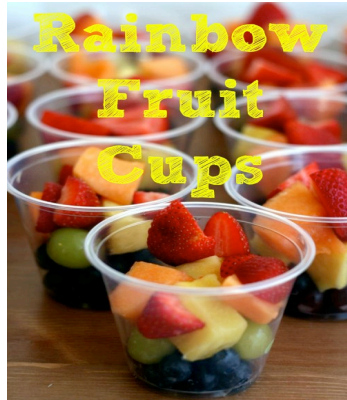
Cooking time: Not required

Serves: Four Cups

What you need

A selection of rainbow coloured fruits –

- 1 Pineapple Fresh or tinned
- 6 Strawberries
- 1 kiwi fruit or grapes
- 2 Satsuma
- 1 small cup blueberries



What to do

Prepare the fruit into small slices or segments. (Refer to picture)

1. Layer the prepared fruit in colours of the rainbow saving a slice of pineapple for the top for decoration. *We did it in this order blueberries, pineapple segmented Satsuma, sliced kiwi, topped with a strawberry in the centre. Yummy!!

Top tip

Tinned, frozen or fresh fruits can be used.

Seasonal fruits can be used, to make a cheaper dessert.

Include some Greek Yoghurt for a creamy layer!