

# Fruit Salad

## Ingredients:

- |                            |                             |
|----------------------------|-----------------------------|
| 1                          | apple                       |
| 1                          | orange                      |
| 1                          | banana                      |
| $\frac{1}{2}$ cup (125 ml) | blueberries or blackberries |
| $\frac{1}{2}$ cup (125 ml) | strawberries                |
| 1 can                      | pears or peaches            |
| 2 cups (500 ml)            | 100% pure orange juice      |



You may choose any fruit you want.  
They can be fresh, frozen or canned.

## Preparation:

1. Wash fresh fruits.
2. Drain canned fruits. If using frozen fruits, let them thaw at room temperature or put them few minutes in the microwave.
3. Core the apple, peel the banana and peel and separate the orange into segments.
4. Cut fruits into medium dices and slice the banana.
5. Place fruits in a large bowl, pour the orange juice and mix well.
6. Enjoy!

