

Make a

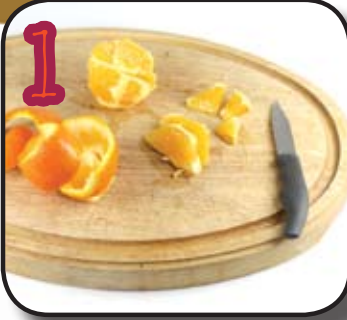
# Tutti-frutti Sundae



Ask an adult to help you.

MAKES 2

You need: • chopping board • chopping knife • large bowl  
• 2 sundae glasses (or bowls) • 2 spoons • some cocktail decorations (optional) Plus: • 1 orange, 2 kiwi fruit and 1 banana (peeled and chopped) • 1 apple, 1 handful of strawberries and 2 nectarines (washed and chopped)  
• 1 handful of blueberries and 1 handful of seedless grapes (washed)  
• 2 tablespoons of pine nuts (optional) • 2 tablespoons of dessicated coconut • 2 tablespoons of low fat vanilla yoghurt  
• 4 mint leaves



1

Prepare all the fruit on a chopping board – add it to your bowl as you go along.



2

Use a spoon to mix up all the fruit.



3

Add the pine nuts (if you aren't allergic to nuts) and stir well.



4

Add most of the coconut and stir well to mix it in.



5

Spoon the fruit into your sundae glasses or your bowls.



6

Spoon a large tablespoon of yoghurt on top of the fruit mixture in each glass or bowl.



7

Sprinkle the rest of the coconut on top then add two mint leaves to each glass or bowl.



8

If you have any, add some decorations like cocktail windmills, umbrellas and stirrers.

You could use fewer fruits if you don't have all of these or try different ones instead – have fun experimenting!