

Fruit Cup



STEP 1:
**Gather Ingredients
together.**

160g/4oz melon
160g/4oz grapes
1 x lime
80g/3oz natural
yogurt
4 x mint leaves



Gather utensils.

- 1 x fruit juicer
- 1 x weighing scales
- 1 x colander
- 1 x bowl
- 1 x knife
- 1 x tablespoon
- 1 x chopping board



STEP 2

Scoop out seeds with spoon



STEP 3

Cut into single slices with knife



STEP 4

Cut melon with knife



STEP 5

Weigh out 160g/4oz
Of melon



STEP 6

Wash and weigh out
160g/4oz of grapes



STEP 7:

Put 80g/ 3 x
tablespoons of yogurt
into bowl with the fruit



STEP 8:

Wash mint and dry
with paper towel



STEP 9:

Cut and juice the lime



STEP 10:

Add lime juice into
bowl with fruit and yo-
gurt



STEP 11:

Add the mint leaves into
the bowl

Enjoy !!

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