



Fallen Fruit Sundae

Ingredients

1 individual pot of natural or flavoured yoghurt of your choice

1/2 fresh mango

1 kiwi fruit

1 banana

5 strawberries

A handful of blueberries

Equipment

Knife

Sundae glass or any tall glass

Spoon

Method

1. Pour the yoghurt into the bottom of your glass.
2. With adult help, carefully peel and cut the mango and kiwi into bite-sized chunks.
3. Peel the banana and cut it into slices.
4. Layer these fruits on top of the yoghurt in the glass.
5. Wash, hull and chop the strawberries into bite-sized pieces.
6. Wash the blueberries.
7. Place the chopped strawberries and blueberries on top of the other fruit in your glass.
8. Enjoy eating your fallen fruit sundae!