

Fresh Fruit Platter

Ingredients:

- ❖ 2 x figs
- ❖ 1 x dragon fruit
- ❖ 2 x nectarines
- ❖ Seedless green grapes
- ❖ Handful of cherries
- ❖ Punnet of fresh blueberries
- ❖ Punnet of fresh blackberries
- ❖ 1 x passionfruit

Serves 4



Method:

There is no way anyone can mess up a fruit platter, however there are a few key tips to help you make a killer one.

Firstly, if you can, go down to your local market and buy your fruit. The produce is always fresh, ripe and delicious. Not to mention its lovely to support local farmers in your area.

Secondly, if you're on a budget then pick fresh fruits that are in season as they are likely to be cheaper and/or on sale.

Finally, pick a variety of different fruits of different colour to a) make sure you get the best range of nutrients and b) help make the platter look more appealing.