

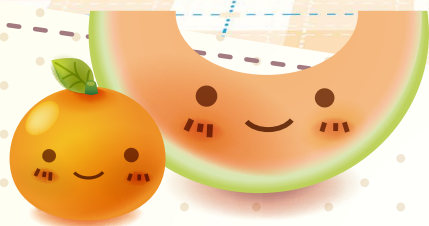
彩色繽紛水果籃

Colourful Fruit Basket

Serves

12

人分量



食材 Ingredients

菠蘿	1個	Pineapple	1 piece
士多啤梨	1盒	Strawberry	1 box
哈密瓜	1個	Hami melon	1 piece
奇異果	4個	Kiwi fruit	4 pieces
橙	3個	Orange	3 pieces
紅提子	½磅	Red grape	½ pound

烹調步驟 Cooking Method

1. 將所有水果洗淨。
2. 菠蘿、哈密瓜和奇異果切厚片，將橙一分為八。
3. 用曲奇模把水果切成不同形狀，例如星形、花形、圓形等。
4. 用竹籤將不同的水果串起，隨意擺放於杯中，弄成一個美麗的小花籃。



自製健康小食的貼士

Tips for home-made healthy snacks

1. 五顏六色的水果含多種維生素和抗氧化物，天然健康。
2. 切開或削皮後必須於四小時內進食，否則便要丟棄。
3. 切水果或削皮時要注意清潔衛生。

1. Fruit of various colours contains many different kinds of vitamins and antioxidants. It is natural and healthy.
2. The fruit should be consumed within four hours or discarded after that.
3. Keep good hygiene when cutting or peeling fruit.



1. Wash all the fruit.
2. Cut the pineapple, hami melon, and kiwi fruits into thick slices. Slice the oranges into eight pieces.
3. Use the shaped-molds to cut the fruit into star, flower, round shapes, etc.
4. Make fruit skewers using the bamboo sticks. Place the fruit skewers in a small container and arrange them into a beautiful flower basket.