

Countdown Fruit Salad

Counting, measuring and dividing are involved in this mathematical masterpiece. Add up the ingredients and the sum is a yummy salad. Save any leftover fruit to make smoothies or put in yogurt.

Get It Together: sharp knife, cutting board, measuring spoons, medium bowl, mixing spoons, small cup

Seedless grapes	10	10
Banana slices	9	9
Pecan halves	8	8
Cantaloupe cubes	7	7
Cheddar cheese cubes	6	6
Orange segments	5	5
Apple slices	4	4
Sweetened shredded coconut	3 tbsp.	50 mL
Frozen concentrated orange juice, thawed	2 tbsp.	30 mL
Water	1 tbsp.	15 mL

Put first 5 ingredients into bowl.

Cut each orange segment into 3 pieces. Add to fruit mixture. Cut each apple slice into 4 pieces. Add to fruit mixture. Sprinkle coconut over top. Use mixing spoons to toss fruit mixture.

Put concentrated orange juice and water into cup. Stir. Drizzle over fruit mixture. Toss. Makes about 2 cups (500 mL)—the perfect amount for sharing with a friend.

1 serving: 248 Calories; 12.0 g Total Fat (3.1 g Mono, 1.6 g Poly, 5.1 g Sat); 11 mg Cholesterol; 34 g Carbohydrate; 4 g Fibre; 5 g Protein; 93 mg Sodium

Reprinted from *Kids Do Snacks* © Company's Coming Publishing Limited
www.companyscoming.com