

Apple, Orange & Banana Fruit Salad



TIP: This “winter fruit salad” is very easy to make and extremely versatile. You can have it as is for breakfast. You can add yogurt and jam to it (one of my favorites). You use it as a fresh alternative to green salad and have it with feta cheese and either your favorite salad dressing (please try just a bite before you say, “hey, c’mon, Bruce” – I love it this way!) and feta or any other grated or crumbled cheese.

Preparation Time: 5-10 minutes

Ingredients

(for 2 - 4)

- 1 Apple
- 1 Orange
- 1 Ripe Banana
- Raisins (optional)
- Dried Cranberries (optional)

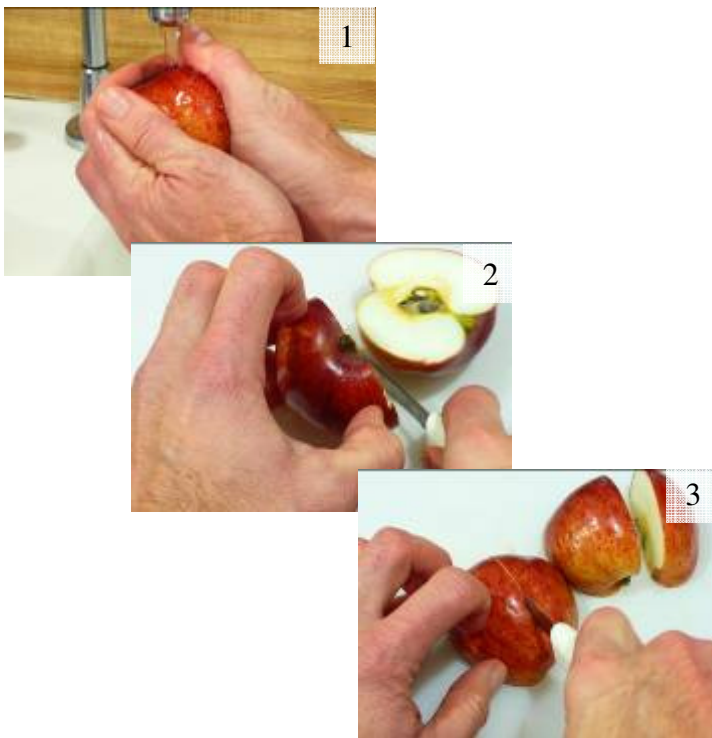


Equipment

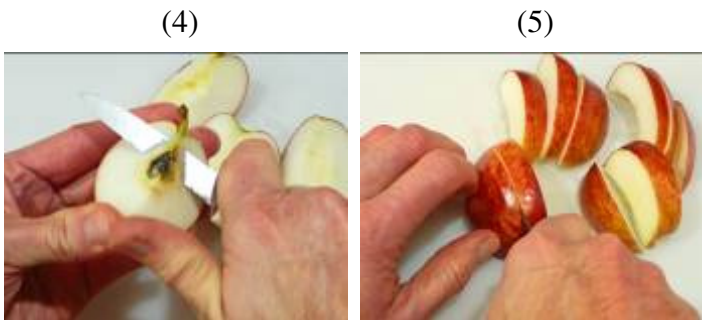
- Sharp Knife
- Cutting Board
- Large Spoon
- Bowl



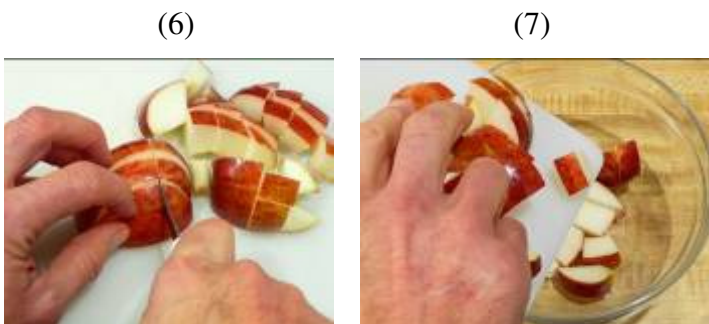
1. Rinse and shake the **apple** dry in the sink (1).
 Cut the **apple** in half lengthwise (2) and cut each half in half again (3). Then,...



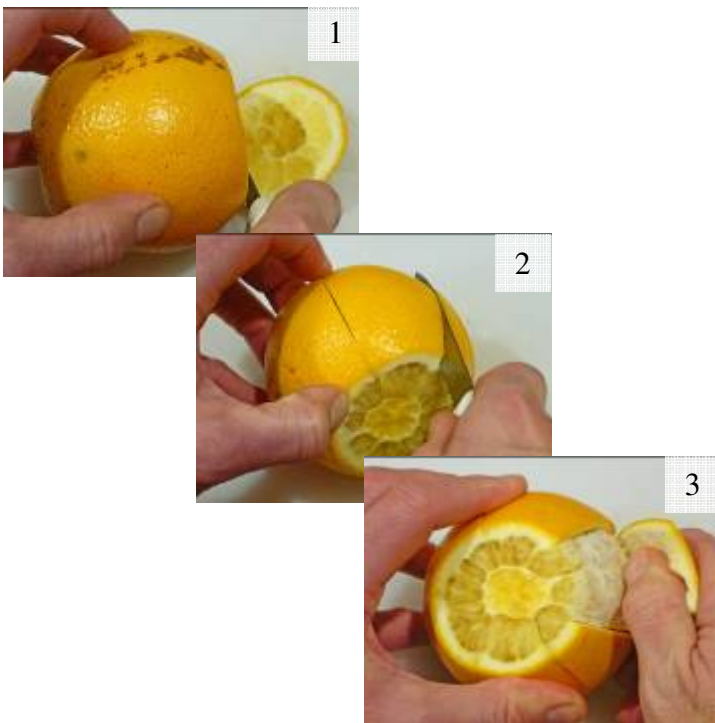
...cut the core from the **apple quarters** (4),
 cut the quarters into slices about 1/4 inch wide (5),...



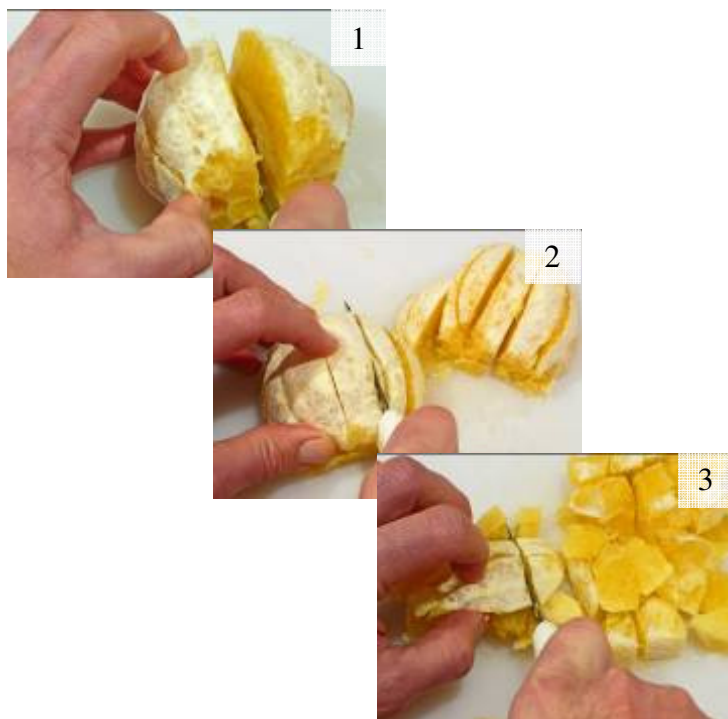
...cut the slices into cross section pieces also about 1/4 inch wide (6), and put them in a bowl



2. To make peeling the **orange** as easy as possible, cut the stem and bottom ends from the **orange** (1).
 Make 5-6 cuts just deep enough to cut through the **orange rind** (2) and peel off the skin (3). Then,...



...cut the **orange** in half lengthwise (4), cut each half into slices about 1/4 inch wide (5) and cut the slices into cross section pieces again about 1/4 inch wide (6) and add those pieces to the **chopped apple** in the bowl.



3. Peel (1) and cut a **banana** into ¼ inch slices right into the bowl (2).

(1)



(2)



4. Stir the fruit with a big spoon (1) and either have it as is or add and mix in a handful of **raisins** (2) and/or **dried cranberries**.

