

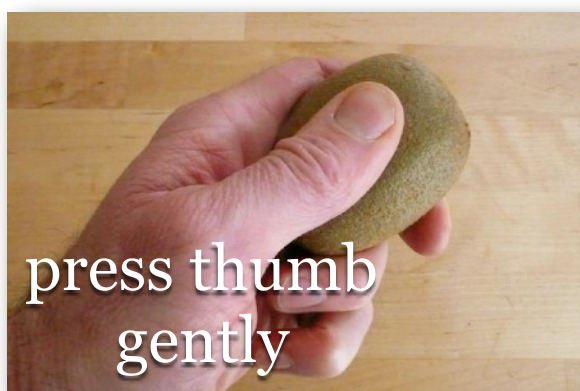
Kiwi, Berries & Yogurt



Tips:

1. The hardest part about making this fresh fruit and yogurt combination is peeling the skin off the kiwi, which you'll see how to do in step-by-step directions below. After that, it's just rinse, add what you want to suit your taste, and enjoy!

2. How to Check Kiwi Ripeness: Kiwis usually come to market underripe and firmer than you want for eating. To check a kiwi for ripeness, hold it in one of your hands between your thumb and forefinger, as shown in the picture to the left below. Then press on the kiwi skin with your thumb using a little more pressure than you'd use to grip a pen firmly. The kiwi is ripe if it feels slightly soft to the touch and leaves an indent where you squeezed it with your thumb, as shown in the picture to the right below. If, however,...



...your kiwi is firm and doesn't feel soft at all when squeezed, it is underripe. To ripen kiwis

at home, put them in a paper bag (NOT plastic bag - plastic bags don't allow for the air exchange needed for ripening; paper bags do), close the bag loosely, and store them out of direct sunlight at room temperature for at least a few days or longer (I put mine on top of the refrigerator to keep them in sight & in mind). Check every other day or so for ripeness as shown in the photos above and store ripened kiwis with other produce in the refrigerator.



Preparation Time: 5-10 minutes

Needed
(for 1)

1 Ripe Kiwi

1 Handful Fresh Berries (I'm using a combination of blueberries and blackberries, but any fresh berries will work)

2-4 Tablespoons Plain (or your favorite)

Yogurt

1 Tablespoon Favorite Jam (optional)

1/2 Handful Favorite Dried Fruit (optional)

Bowl

Short Bladed Sharp (Paring) Knife

Cutting Board

Tablespoon



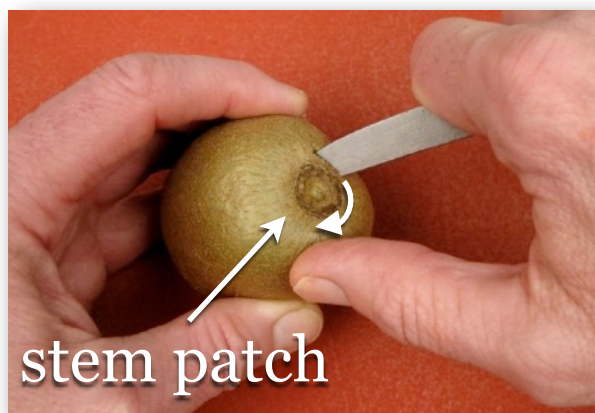
1. Remove any **berry stems**, give the **fresh berries** a good rinse in the sink, and...



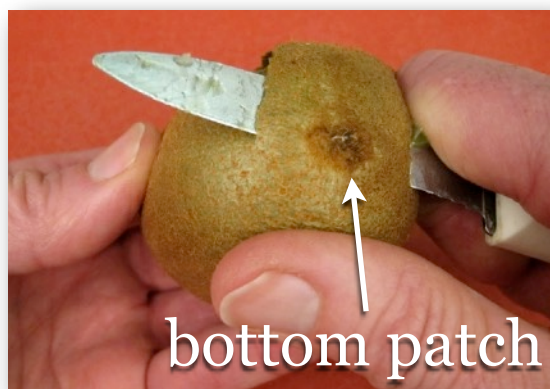
...put the **rinsed berries** in a bowl.



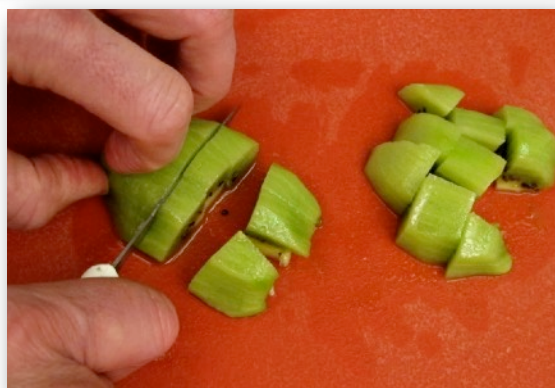
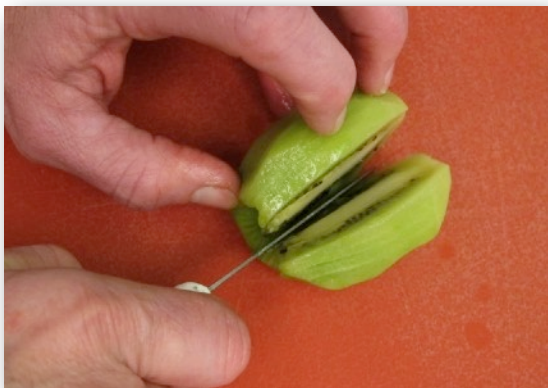
2. Prepare the **ripe kiwi** by using a sharp short bladed (paring) knife to cut under and around the **stem patch** so that the tough **stem end** can be removed in a single cone-shaped piece.



Remove the **kiwi skin** by making shallow cuts just underneath the **skin** lengthwise down the **kiwi side**, making sure to remove the **bottom patch** as shown in the picture on the right below.



Cut the **skinned kiwi** in half lengthwise. Cut each **kiwi half** again lengthwise into 2-3 slices, and then cut the **slices** in cross section into **pieces** 1/2 - 3/4 inch (12 - 20 mm) wide, and...



...add the cut kiwi to the berries in the bowl.



3. Add **2-4 tablespoons plain** (or your favorite) yogurt,...



...**1 tablespoon of your favorite jam** (optional), and...



...1/2 handful of your favorite dried fruit
until what you have looks about like...



...this.

