

Mixer's Strawberry fun!

Berry Mess

To make enough for 2 servings you will need:

INGREDIENTS:

- 200g low-fat fromage frais
- 40g crushed low-fat ginger biscuits
- 250g mixed strawberries and raspberries
- 2 teaspoons honey
- a few mint leaves (optional)



EQUIPMENT:

- teaspoon • sharp knife
- mixing spoon • weighing scales
- mixing bowl
- glass to serve
- decorations (optional)

Take care – only use the ginger biscuits in this recipe if you know you are not allergic to nuts.



1 With an adult, chop the strawberries into small chunks. Then put all the ingredients into a large bowl. Mix them together.



2 Next, spoon some of the mixture into a glass.



3 Add some mint and decorations if you have them, and serve!

Super Strawberry Salad

To make enough for 2 servings you will need:

INGREDIENTS:

- 8 strawberries
- ¼ cantaloupe melon
- 1 tablespoon fresh mint
- 150ml orange juice



EQUIPMENT:

- measuring jug • large mixing bowl • sharp knife
- chopping board
- spoon • bowl to serve



1 Ask an adult to help you chop the strawberries and melon into small chunks.



2 Put the strawberry and melon chunks into a bowl. Mix in the orange juice and the mint.



3 Spoon some of the fruit salad into a dish and serve. It'll taste 'berry' good as a snack or pudding!