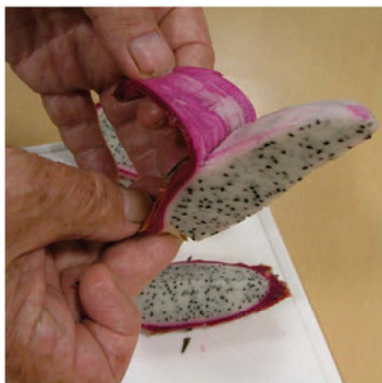


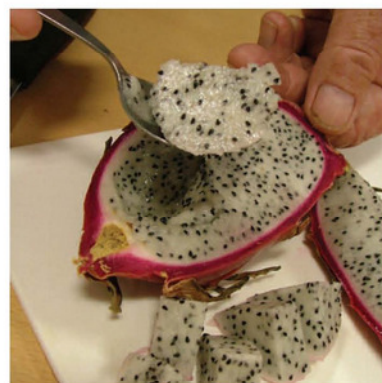
Dragon fruit



- 1 Cut in half long ways through centre of fruit.



- 2 Cut into quarters and peel away skin with fingers.



- 3 Fruit can be removed from skin by scooping out with a spoon.

$\frac{1}{2}$ = 1 of
your 5 a
day

Tips

Best flavour will be achieved by keeping fruit in fridge until ready to prepare and serve.