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African Surprise

Recipe Sheet for Fruit Sticks with Honey Yogurt

What you need for 6 to 8 children:

Ingredients

- 220g (8 oz) plain or flavoured yogurt
- 1 tablespoon honey
- a pinch of cinnamon
- a range of fruits (bananas, strawberries, kiwi fruit, mangoes, pineapple, guavas,

Equipment

- chopping boards
- knives
- peelers
- a big plate
- a bowl for the yogurt
- cocktail sticks

What you do...



Talk about the fruit before you start. Feel the skins, smell the fruit, talk about where and how each fruit grows and how it gets to the shop or market.

1. Firstly, make the honey yogurt by mixing the honey and spice into the yogurt.
2. Wash all the fruit before you start.
3. Then peel mangoes, bananas, pineapple and any other fruit with skins.
4. Chop the fruit into bite sized pieces.
5. After that, put the yogurt bowl in the middle of the plate and arrange the fruit round it.
6. Put some cocktail sticks in an egg cup or small glass.
7. Finally, use the sticks to spear the pieces of fruit and dip them in the yogurt.