



# Fruit salad (modified texture)

## Ingredients (serves 2)

- 90 ml orange juice
- 60 g clean strawberries
- 35 g peeled kiwi
- 60 g peeled banana
- 50 g peeled pear
- 50 g peeled apple
- 2 ml lemon juice
- 6g thickening agent

## Method

1. Use an immersion blender to blend 30 g of banana with orange juice. Pass through a sieve and mix with 3 g of thickening agent.
2. Blend strawberries with the remaining 30 g of banana, pass through a sieve and mix with 1.5 g thickening agent.
3. Blend kiwi and pass it through sieve, then mix with 1 g thickening agent.
4. Blend apple and pear with lemon juice, pass through sieve and mix with 2.5 g thickening agent.
5. Serve by pouring the banana and orange puree into a dish to form a base layer. Then add the other blended fruit mixtures on top in separate portions to imitate the different shapes and colours of a fruit salad.

## Recommendations

It is important to bear in mind that the appropriate amount of thickening agent can vary depending on the brand used. Thus, it should be added gradually until the desired texture is achieved. Be sure to check that all the purées have the same texture.

We recommend using ripe fruit. In case of mucositis, substitute acidic fruits and juices (kiwi, strawberries, orange, and lemon) with other more suitable fruits.