



Fruit Salad

Perfect for:



Instructions

Ingredients

Whipped Cream

Choose ONE of the options below

1 Option 1:
Make yourself

- Powdered Sugar
- 1 tsp Vanilla Flavor
- 1 pint Heavy Cream

2 Option 2: Buy from Store

- 8oz container of whipped topping

Fruit

You can add any fruit and any amount of a fruit as you like. It depends on what you like.

-  1 Banana
-  4oz Mandarin Orange Slices (can be from can)
-  1 Apple
-  1 Pear
-  About 15 Marschino Cherries without their stems
-  A handful of Seedless Grapes

Walnuts

- A Handful of walnuts

Prep time:



Serves:



1 Make Whipped Cream

Skip this step if you bought whipped cream from the store.

1a If you decided to make your own whipped cream you need to pour the heavy cream into a mason jar until its about half-way full and place that mason jar in the fridge for 1 hour

1b After the hour is up take the mason jar out of the fridge. Make sure the top is tightly on and then vigorously shake up and down until the liquid looks like whipped cream. (about 2--3 minutes)

1c Add the vanilla flavor and powdered sugar and lightly stir evenly distribute.

2 Prepare Fruit

2a Peel banana and cut into bite sized pieces

2b Chop apple and pear into bite sized pieces

2c Cut grapes in half

3 Combine

Add all of the fruit and walnuts to the whipped cream. Fold softly to mix evenly



Nutrition

Think of goals, level of support / assistance, anything to keep the child safe [emotionally and physically], allergies, calming techniques, using other types of equipment to support my activities.

CREATED IN COLLABORATION WITH: [TODDING DUSTY VIEW TRIES REHABILITATION HOSPITAL](#)

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