頁1

雜果沙律

Mixed Fruit Salad

（約6至8人份）

(Serves about 6 to 8 persons)

材料

新鮮士多啤2杯（約25粒中型大小）

香蕉（大型）2隻

奇異果（中型）4 個

橙（中型）1個（作沙律汁用）

檸檬（小型）1/2個（作沙律汁用）

調味料

蜜糖少量

烹調方法

•先將橙及檸檬榨汁備用。

•將士多啤梨洗淨，去蒂並一開為二，香蕉切成厚片，奇異果去皮，分成四份

•將檸檬汁、橙汁、一杯士多啤梨和少量蜜糖用攪拌機打至幼滑成沙律汁。

•將餘下的士多啤梨、香蕉及奇異果置於沙律盤內，再淋上沙律汁即成。如非即時進食，應將沙律置於雪櫃內待用。

Ingredients

Fresh strawberries - 2 cups (about 25 medium-sized)

Banana - 2 large

Kiwifruits - 4 medium

Orange - 1 medium (for dressing)

Lemon - 1/2 small (for dressing)

Seasoning

Honey - small amount

Preparation Method

•Squeeze orange and lemon juices.

•Wash, tail and halve strawberries. Cut bananas into thick slices. Peel and quarter kiwifruits.

•Put orange and lemon juices, half of strawberries and small amount of honey into blender. Blend until smooth as salad dressing.

•Stack remaining strawberries, banana slices and kiwifruits in salad bowl. Add salad dressing. Refrigerate if not serving right away.

智「營」提示 Smart“Nutrition”Tips

•以鮮果汁代替一般沙律增添更多鮮味，更有助減少脂肪和熱量的攝取

•對蜜糖敏感的人士，可以在製沙律時以半杯提子肉（去皮去核）來代替部份士多啤梨，以此取代蜜糖。

•Using fresh fruit juices instead of regular salad dressing can enhance the fresh taste of fruits and reduce consumption of fat and calories.

•For people who are allergic to honey, part of the strawberries used in the salad dressing can be replaced with half cup of grapes (without seeds and skins). In this way, honey is not necessary in this recipe.