



1



Cut the fruits into 1 to 2cm thick slices - this is a job for a grown up!

What you will need:

- A selection of firm fruits such as apple, melon and pineapple
- A fruit knife
- Cookie cutters (large & small)
- Cake pop sticks



2



Use the larger cookie cutters to cut out a series of shapes, then use the smaller cutters to make holes in the middle of your shapes

4



Push the cake pop sticks into the fruit. You might need a grown up to make a little cut in the tougher fruit to get you started

3



Push the smaller pieces of fruit into the larger pieces, mismatching to create a pretty contrast

5



If you want to present your flowers in a fruity bouquet, halve an apple and push the sticks into the flesh so they stand up!

Thanks to Emily Leary, a passionate foodie and mum of two. Find more of her family food ideas on A Mummy Too www.amummytoo.co.uk