



Fruit burger

25'
Hands on

4
Portion(s)

1
Difficulty



Method

- **Cut** the stem of the pineapple and carefully remove its peel. Remove the central stem of its flesh and cut 2 slices of the flesh, each 1 cm thick. Cut the remaining flesh into 7x2 cm strips which will be the "potatoes".
- Peel the kiwi and cut it into rounds, 1 cm thick.
- Wash the strawberries well and remove their stem. Cut them into slices, 0.5 cm thick.
- Cut the two apples in half, horizontally.
- Cut a 1 cm thick slice of the upper part of each apple.

To assemble the burger

- Use half of the Granny Smith apple that you cut, as the bottom bun. On top of it, place 2 basil leaves and on top of them, a pineapple slice. On top of the pineapple, place 2 strawberry slices and on top of them, the red apple slice. Then, place 2 kiwi slices and then, 2 more strawberry slices over them. Lastly, add the other half Granny Smith apple as the top bun of the burger.
- Set the burger with a large toothpick.
- Follow the same process for the red apple.
- Serve with the pineapple "potatoes" and the strawberry jam.

Ingredients

- 1 pineapple, fresh
- 1 kiwi
- 50 g strawberries
- 1 Granny Smith apple
- 1 red apple
- 2-3 basil leaves
- 150 g [strawberry jam](#)

Διατροφικός πίνακας

Nutrition information per portion

281 Calories (kcal)	1.0 Total Fat (g)	0.1 Saturated Fat (g)	61.0 Total Carbs (g)
14%	1%	1%	23%
60.0 Sugars (g)	1.9 Protein (g)	6.2 Fibre (g)	0.04 Sodium (g)
67%	4%	25%	1%