

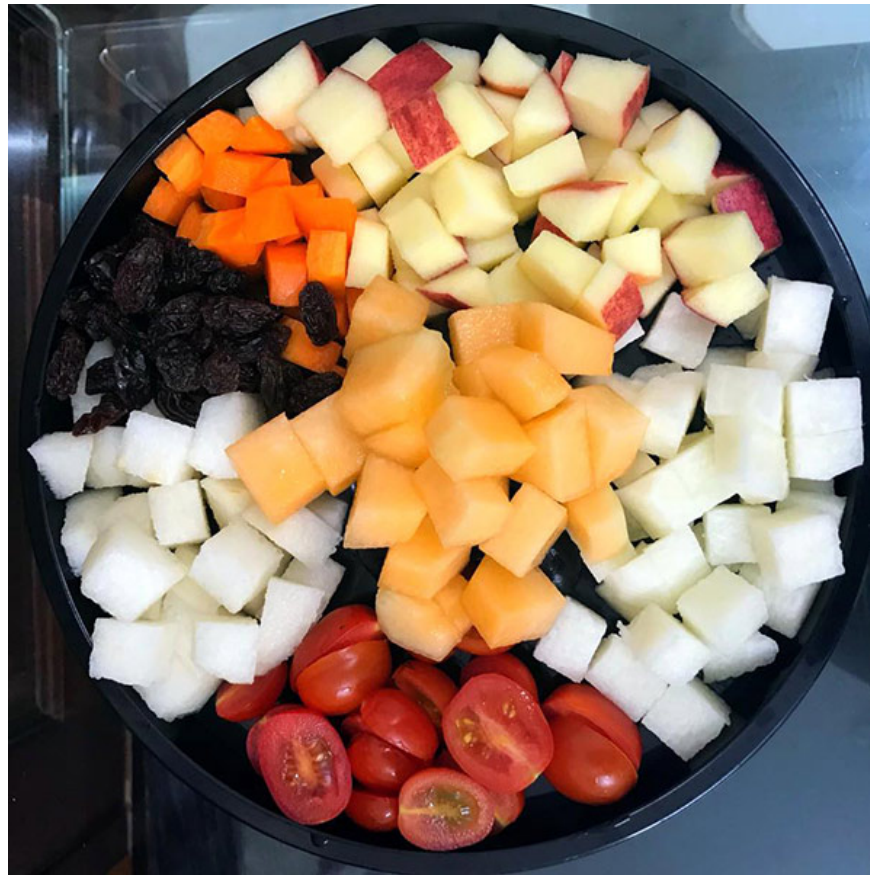
How to make fruit salad

The main ingredient for making fruit and vegetable salads helps to purify the body and supplement vitamins. Here's how to make a very simple fruit salad, anyone can do it to make your family meal no longer boring but much more delicious.

Fruit salad is a favorite food for many people, especially those who lose weight, diet or want to maintain a physique. The main ingredient for making fruit and vegetable salads helps to purify the body and supplement vitamins. Here's how to make a very simple fruit salad, anyone can do it to make your family meal no longer boring but much more delicious.

Ingredients for making fruit salad

1. 1 pear
2. 1 red apple
3. 1 carrot
4. 1 bean
5. 1 mango
6. Raisins, tomatoes bi .
7. Mayonnaise, yogurt, condensed milk, lemon (vinegar)



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Step 1: Rinse the fruits, then peel and cut into small square pieces. Particularly cherry tomatoes, you only need to cut in half.

Step 2: Make a salad dressing. Put 6 tablespoons of mayonnaise, 2 tablespoons of condensed milk, 2 tablespoons of yogurt, 1-2 tablespoons of lemon juice (or vinegar) in a large bowl and mix well. The more or less you adjust depending on the amount of fruit.

Step 3: Put chopped fruit into a large bowl, add sauce, mix well. If not eaten immediately, you can put the sauce and prepared fruits (put separately) in the refrigerator compartment. When eating, bring out sauce and fruit mix.

Step 4: Arrange the washed lettuce to drain on the plate, put the fruit salad on top. To make the dish more appealing, you can sprinkle mayonnaise into many small sugar on the top. Finally, you put a little raisins on the salad bowl and enjoy.



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