



## Pacific Dream

A good dessert that will fill your body with vitamins and antioxidants. Not only is it good, but a great way to bring in an extra helping hand from a younger family member. Many would probably call this a "fruit salad," but since my recipe focus on fruits found along the coast of the Pacific Ocean, I gave it a different name. Hawaii is known for its sweet Pineapple, New Zealand for their green kiwi fruit, South America for bananas, and California for the Oranges.

Servings: 4

Preparation time: 10 minutes

Total time: 15 minutes

### Measurements

One Pineapple  
Four Kiwis  
Two Bananas  
One Orange  
A handful of grapes  
Four Scoops of premium vanilla ice cream  
50 ml. of strawberry and orange juice.

Use white bread or a heavier type of french loaf. If possible not

## Directions

- 👉 Dice a pineapple into small triangles.
- 👉 Wash and clean the grapes. (If served to children grapes must be cut)
- 👉 Dice kiwis, bananas, and oranges.
- 👉 Start by adding pineapples at the bottom of 4 dessert bowls.
- 👉 Add one large scoop of ice cream.
- 👉 Blend strawberries in orange juice, then add it to the dessert bowl.
- 👉 Add grapes, bananas, kiwis, and oranges.

I decorate with a rolled waffle cookie and a little bit of chocolate sauce, or a berry coulis.

