

Rainbow Bright Fruit Bowls



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No one does fruit bowls better than the balmy Island of Bali, where you'll find the brightest fruits in rainbow hues to feast your eyes and tummies on!

Challenge!

Grab a friend! You are going head-to-head with to see who can produce the best fruity dishes inspired by Bali!

We want you both to pay attention to:

Presentation
Originality
Taste



Make both recipes, or choose one each



oats



Challenge 1

Rainbow Overnight Oats



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kiwi



blueberries



mango



honey



strawberries



Overnight Oats are very simple to make and will make breakfast super easy! The milk softens the oats overnight so you're not standing by the stove stirring a pot whilst trying to get out for work or school in the morning. Oats provide protein, while rainbow fruits provide you with plenty of vitamins.

The night before...

Soak 1 ½ cups of old-fashioned oats (or GF if you prefer) with 1 ½ cups of milk. Stir the mixture to cover all the oats in milk and put in a jar. Seal with a lid and place in the fridge overnight.

The next morning...

Your oats should now be a creamy mixture! It's time to layer your rainbow fruit into a glass. Cut the fruit up and add in a rainbow pattern.

Start with blueberries at the bottom. Next add the kiwi and then the mango. Alternate with layers of oats and top with bright red strawberries and honey!

granola

Challenge 2

Rainbow Acai Bowls



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blueberries



kiwi



acai



banana



strawberries



What's all the fuss about acai?

An acai berry (pronounced a - sigh - ee) is a small purple fruit that looks similar to a blueberry. They are reddish/purple and native to Central and South America. They are full of antioxidants, fiber, Omega-3 fatty acids and calcium and have a dark chocolate/blackberry like taste!

Short Shelf Life

The acai berry has a short shelf life, which means it's hard to transport from where it's grown. If you can't get hold of fresh acai the powdered or frozen berries work in this recipe. Just thaw the frozen berries out first!

Recipe

- Mix the natural yoghurt with the acai berries (thawed from frozen or powdered) to form a bright purple mixture.
- Place your purple yoghurt into a bowl.
- Now top with your fresh bright fruits, granola and a drizzle of honey in a design of your choice!
- The most imaginative design wins!

Judging!



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Winner Winner Fruit for Dinner!

You can judge who's rainbow fruit bowl is the best yourself – but why not invite friends over for a rainbow breakfast and let them decide?

Judge Rules

Remember, presentation is not everything! Whose tastes the best? Tie-break? Which person tidied up after themselves and which one left sticky fruit halves everywhere?

