

Preserving Fresh Fruit for Lunch Boxes



Prep time	10 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Lunch Box
Misc	Child Friendly , Pre-preparable , Serve Cold
Occasion	Picnic
Website	Planning with Kids

Ingredients

- 4 cups water
- 1 teaspoon salt
- Fresh pears or Red/Golden Delicious apples

Directions

1. In a large bowl combine the water and salt.
2. Peel and cut the fruit and place into the salty water to soak for 5 minutes.
3. Remove the fruit and rinse under cold water then pat dry with paper towel.
4. Place into an airtight container until ready to eat.

Note

Low Chemical / Failsafe, Moderate Salicylates

Use pears for low chemical fruit, or Red/Golden delicious apples if moderate salicylates are tolerated.