

# XCentric Ideas

I'm having fruit salad for dinner. OK it's mainly grapes. OK all grapes, fermented grapes. I'm having wine for dinner.

Photographer: Unknown (Food & Home Competition 2002)  
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# More Reasons to Eat Fruit



Strawberries can potentially fight against cancer and aging



Bananas are great for athletes because they give you energy



Cherries help calm your nervous system



Grapes relax your blood vessels



Pinapples help fight arthritis



Blueberries protect your heart



Peaches are rich in potassium, fluoride, and iron



Apples help your body develop resistance against infections



Kiwis increases bone mass



Mangos protect against several kinds of cancer



Watermelon helps control your heart rate



Oranges help maintain great skin and vision

<http://foodbenefits.altervista.org/>

**Prevent cut fruit from browning – soak in 7-Up / Sprite.**

# Fruit kebab arrangement



<http://twohealthykitchens.com/2013/07/09/how-to-make-fruit-bouquets-and-fruit-kabobs/>

## Cookie cutters for fruit shapes



<http://twohealthykitchens.com/2013/07/09/how-to-make-fruit-bouquets-and-fruit-kabobs/>

## Wafer cones with fruit



<http://hadleycourt.com/summer-entertaining-tips-recipes-barcarts-and-trayscapes/>

## Grapes and Melon



<http://www.mildicasdemaie.com.br/2014/03/festa-tinker-bell.html>

## Fruit tray (1)



<http://partiesforpennies.com/family-wedding/#.U1VYDPIdUnl>

## Fruit tray (2)



<http://sofestive.com/2013/02/27/tea-party-baby-shower/>

## Fruit pizza!



Select round cookies / biscuits (even gluten-free ones). Spread with thick yoghurt / sweetened smooth cottage / cream cheese and top with fruit.

<http://www.wellplated.com/fruit-pizza-cookies/>



## White chocolate grape poppers

1/2 cup (125 ml) white chocolate chips  
about 2 dozen red or green grapes  
1/2 cup (125 ml) sprinkles / chopped nuts

Melt chocolate chips in a small bowl in the microwave, stirring at 20 second intervals until melted. (Or in double boiler on stove.)

Wash the grapes, dry them, then skewer with toothpicks. Dip the bottoms in the melted chocolate, then in a shallow bowl of sprinkles/chopped nuts.

Set on a plate and put in the freezer until firm.

Makes about 2 dozen grape poppers

<http://www.parentscanada.com/food/white-chocolate-grape-poppers>

# What a hoot!



<http://kitchenfunwithmy3sons.com/2016/01/fun-finds-friday-23.html/>

# Apple-Grape Turtle



Photo: [http://emilyaroach.com/adorable-lunchbox-ideas/#\\_a5y\\_p=4177279](http://emilyaroach.com/adorable-lunchbox-ideas/#_a5y_p=4177279)

Apples, grapes, toothpicks and mini  
choc chips

How to do it: [http://www.kidspot.com.au/kitchen/recipes/apple-turtles-3748?ref=page\\_view%2Cbirthday-parties](http://www.kidspot.com.au/kitchen/recipes/apple-turtles-3748?ref=page_view%2Cbirthday-parties)



# Fruit tacos

## **For the Taco Shells:**

24-30 (3 inch) flour tortillas  
½ teaspoon ground cinnamon

1 tablespoon granulated sugar  
non-stick cooking spray

## **For the filling:**

Sweetened cream / cottage cheese / yoghurt

Cut up fruit

Preheat the oven to 180 oC.

To prepare the flour tortillas you can use a biscuit cutter to cut your regular-sized tortillas down to size.

Mix together the cinnamon and sugar.

Lay the cut tortillas out flat and very lightly spray them with the non-stick cooking spray. Sprinkle them evenly with the cinnamon sugar.

Gently fold each tortilla in half hang them upside down on the rungs of your oven rack (a slight fold will yield a wider taco shell that is easier to fill). Bake for 5 - 7 minutes and then remove and gently set aside.

Fill each shell with sweetened cream/cottage cheese /yoghurt and top with fruit.



## Tortilla Cinnamon Crisps with fruit salsa

10 flour tortillas  
1/3 cup sugar

Cooking spray or Olive Oil Spray  
1 teaspoon cinnamon

Preheat oven to 180 oC. Combine cinnamon & sugar. Set aside.

Working with 3 tortillas at a time, spray both sides of the tortilla and sprinkle each side lightly with cinnamon sugar.

Stack 3 tortillas and using a pizza cutter, cut tortillas into 12 wedges. Separate all the wedges. Place on a baking sheet and bake 8-11 minutes or until crisp

Serve with cut fruit salsa.

<http://www.spendwithpennies.com/fruit-salsa-with-cinnamon-crisps/>



## Christmas hat kebabs

Green grapes

Strawberries

Banana slices (soak in 7-Up / Sprite to prevent browning)

Mini marshmallows

Toothpicks / lollipop sticks / thin kebab sticks

<http://www.giveawaybandit.com/christmas-grinch-fruit-kabobs/>

# Rainbow fruit platter



Cut up fruit  
Mini marshmallows

<http://rainbowbirthday.blogspot.co.za/>

# Fruit and Dip



Cut up fruit (soak apples / pears / bananas in 7-Up / Sprite)  
Melted chocolate  
Toothpicks  
Muffin pan

<http://www.nanacake.nl/artikel.php?ArtikelID=657&themaId=0&geslachtid=0&categorieid=5&key>



## Fruit ice cubes

Cut up fruit  
Ice cube holders  
Water  
Edible flowers (optional)  
Mint leaves (optional)

<http://www.prakticideas.com/frozen-fruit-ice-cubes/>



## Sometimes it's okay to play with your fruit



Kiwi slices  
Banana slices (soak in 7-Up / Sprite)  
Naartjie segments  
Apple slices (soak in 7-Up / Sprite)  
Cut grapes  
Toothpicks

<http://www.infobebes.com/Enfant/Nutrition/Bien-manger/Funny-food-50-assiettes-rigolotes-qui-feront-saliver-les-enfants>



# Dessert Nachos

Homemade Cinnamon-Sugar Tortilla chips  
Chocolate sauce  
Whipped cream  
Fresh fruit

## Homemade Cinnamon-Sugar Tortilla Chips

8 small flour tortillas (6 inch diameter)  
3 Tablespoons (45g) unsalted butter, melted  
1 cup (200g) granulated sugar  
2 teaspoons ground cinnamon

**For the homemade tortilla chips:** Preheat oven to 200 oC. Line two large baking sheets with parchment paper or silicone baking mats. Set aside. Cut each tortilla into 8 even triangles. Place in a large mixing bowl. Pour melted butter over top and toss with a large wooden spoon until each triangle is fairly coated. Mix the sugar and cinnamon in a small bowl. Add 3/4 of the mixture to the bowl and toss the triangles to coat. Line the triangles onto baking sheets in an even layer. Bake in batches for 5 minutes, flipping halfway through. Feel free to sprinkle a little more cinnamon-sugar on top of the finished chips if desired. Reserve the rest of the cinnamon-sugar for garnish.

Add fresh fruit, drizzle chocolate sauce over and top with whipped cream / ice cream.

# Chocolate turtle apple slices

2 very large red apples (remove pips after you've sliced it)  
3 ½ cups semi-sweet chocolate chips  
1 tablespoon coconut oil  
1 cup caramels, melted  
Chopped pecans / other nuts  
Popsicle sticks

Slice apples (about 1.2 cm). With a knife make a little slit in the bottom of each apple slice to make it easier to insert a popsicle stick.

Melt choc chips in the microwave on high for about 2 minutes. Stir in coconut oil until smooth. Dip apple slices in chocolate and place on parchment lined cookie sheet.

Place caramels in microwave safe bowl and microwave on high for 45-60 seconds. Do NOT overheat. Stir until smooth. Drizzle melted caramel over chocolate and sprinkle with nuts.

Refrigerate for about 1 hour. Serve and enjoy immediately. Apples are best the first day. Store in refrigerator.

*\*For best results, follow the chocolate chip package instructions for melting chocolate and same for caramel. Follow the caramel package instructions for melting caramels.*

