

ZESTY FRUIT SALAD

Portions: 4

Preparation: 10 minutes

QUANTITY	INGREDIENTS	PREPARATION
1 L (4 cups)	your choice of fruit, peeled and diced (apples, grapes, pineapple, mangoes, kiwis, star fruit, bananas, cantaloupe, etc.)	<ol style="list-style-type: none"> 1. In a large bowl, combine all the fruit. 2. In a small bowl, mix the liquid honey, lime zest and lime juice. Pour over the fruit and toss to coat well. 3. Sprinkle with fresh mint (optional).
30 ml (2 tablespoons)	honey	
2.5 ml (½ teaspoon)	lime zest	
30 ml (2 tablespoons)	lime juice	
15 ml (1 tablespoon)	fresh mint, finely chopped (optional)	

