

Diced and Delicious Fruit Salad

In late June through to early August there is a glut of fresh fruit in the greengrocers. Choose four or five fruits to give variety of colour from blue through green to yellow and red, and to balance sweet and sharp. Try for a balance in weight amongst the fruit, although only you will know if you emphasise your favourites. You will need about 200 g in total per person, but be generous, this is the time of plenty.

Ingredients

Fruits (Example 1 - exotic)

- 100 g strawberries
- 100 g kiwi fruit
- 100 g blueberries
- 100 g **FAIRTRADE** bananas
- 100 g **FAIRTRADE** orange
- 100 g **FAIRTRADE** mango

(Example 2 - crunchy)

- 100 g apple
- 100 g pear
- 100 g peach or nectarine
- 100 g **FAIRTRADE** pineapple
- 100 g **FAIRTRADE** grapes

Dressing

- 1 **FAIRTRADE** lemon
- 50 ml **FAIRTRADE** runny honey
- 400 ml **FAIRTRADE** ice cream

Make the dressing:

Juice the lemon and add an equal amount of honey to the lemon juice. Stir thoroughly. Pour over the mixed fruits and turn gently with a spoon to ensure all are coated (stops apples and pears going brown). Pop the salad into the fridge to chill.

To serve:

Serve with cream or **FAIRTRADE** ice cream.

Method

Prepare the fruits

Prepare each fruit as needed to remove inedible skin, pips or pith or stone. Chop the edible flesh into pieces sized as necessary to give balance in the dish. Mix all of the fruit together in a large bowl.