

Fruit Salad

Fruit salad seems basic, but the right combination provides amazing flavors and is packed with nutrients and fiber. Feel free to combine your favorite fruit options with any fruits that are available.

Prep Time: 10 Minutes

Serves: Four

Ingredients:

1 cup cantaloupe, cubed

1 cup pineapple, sliced

1 cup fresh blueberries (or any combination of berries)

1 bosc pear, cubed

1/2-2/3 cup orange segments, sliced into thirds (with a knife, slice peel and white pith away from the flesh of an orange, separate segments, and slice into thirds)

Optional if available, 1 passion fruit, scoop out the fruit with a spoon and discard the skin

Dressing

2 tablespoons orange liquor

1 tablespoon freshly squeezed orange juice

1 tablespoon freshly squeezed lemon juice

2 tablespoons fresh mint, chopped

Optional, 1 teaspoon honey

Directions:

Combine ingredients together in a serving bowl. Whisk dressing together and toss with salad ingredients and serve.

Enjoy,

Steven Masley, MD