



Fruit Salad with Mint

Ingredients

- 2 oranges
- 1 pink grapefruit
- 1 cup (250 ml) melon (any type), diced
- 1 cup (250 ml) local apples, diced
- 1 cup (250 ml) grapes cut in half
- 1 cup (250 ml) pears, diced
- 1 tbsp (15 ml) mint leaves, chopped
- Optional: 2 tbsp (30 ml) maple syrup

Preparation

- 1 With a peeler or a microplane, remove the zest from a half-orange.
- 2 Over a bowl, remove the oranges and grapefruit supremes and cut them into 3.
- 3 Squeeze what's left of the citrus over the bowl to extract juice.
- 4 Add remaining fruit, mint and maple syrup and mix gently.

** The salad will keep in the fridge for 4 to 5 days.*

YOU WILL NEED:

- set of measuring spoons
- set of measuring cups
- cutting boards
- chef's and utility knives
- 1 peeler or microplane
- 1 large bowl
- 1 wooden spoon



CHEF'S TIP: The most uniform and small the pieces of fruit, the more flavour there will be in each bite!

DIETITIAN'S TIP: Adding maple syrup is optional, since the fruits are naturally sweet. In season, favour local fruits.