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.