

Mint & Honey fruit salad



ingredient list

4 C any fruit - strawberries, bananas, oranges, grapes, apples, etc., work great!

a squeeze of half a lemon

a drizzle of honey (1-3 tsp.)

1 C frozen berries (raspberries and blackberries work best)

4 - 8 leaves fresh mint, chiffonade

preparation

Cut fruit into bite-sized pieces and put into a bowl; add frozen berries, lemon juice, honey and mint and stir gently to mix coat. Adjust for more lemon and/or honey as needed.

Garnish and serve within a half-hour!

a gentler and happier approach to health

