



JERNEJ KITCHEN

TROPICAL FRUIT SALAD

This Tropical Fruit Salad is full of fresh fruits like pineapples, cantaloupe, mango. It's seasoned with lime juice, coconut sugar, and herbs. So easy!

SERVES	6	PEOPLE
PREPARATION:	10	MINUTES
REST:	120	MINUTES
TOTAL TIME:	130	MINUTES

TROPICAL FRUIT SALAD

1 mango
1 pineapple
180 g (1 1/2cup) apricots
400 g (2 cups) cantaloupe
450 g (1 pound) mixed berries
(raspberries, blueberries,
strawberries)
200 g (1 cup) grapes
2 tbsp coconut sugar
juice and zest of one lime
3 tbsp chopped basil and mint
2 tbsp white rum or Limoncello
(optional)

PREPARE THE FRUIT

Clean the fruit and cut it into smaller pieces. Add to a large bowl. Clean the berries under running water and add them to the rest of the fruit in a bowl.

SEASON THE FRUIT

Season the fruit salad by adding coconut sugar, lime zest, lime juice, and chopped basil and mint to the bowl. Stir to combine. Optionally add the rum or Limoncello if you're serving the salad to adults.

SERVE

Transfer the tropical salad to the fridge for at least 2 hours for the flavor to combine. Serve cold. Optionally sprinkle with toasted almond flakes, a scoop of vanilla ice cream, or whipped cream/ricotta.

TOOLS AND EQUIPEMENT

cutting board
kitchen knife
bowl