

Summer Fruit Salad

fruit is at peak flavor in August

- 1 - Cantaloupe, medium size
- 1 - Peach, peeled & sliced (cut right before serving)
- 1 - Nectarine, peeled & sliced (cut right before serving)
- 1 - Cup Blueberries
- 1 - Cup Strawberries, halved
- 2 - Tablespoons Peach Nectar
- 2 - Tablespoons Maple Syrup or Honey
- 1 - Tablespoon Fresh Lemon Juice

Dash of Cinnamon

Serve on a pieces of Boston Lettuce and Garnish with Mint Leaves.

Instructions:

Wash and half the cantaloupe, remove seeds and either make melon balls or cut into bite size pieces. Place in a large mixing bowl with the blueberries and strawberries. Right before serving, peel and cut the peaches and nectarines.

Dressing: Mix the remaining ingredients in a small bowl. Pour over fruit and toss lightly to coat. Line 4 small bowls with lettuce and spoon fruit mixture evenly into bowls and garnish with mint leaves.

Yield: 4 servings