

Fresh Fruit Mélange



Makes:

5 servings, approximately 1 cup (160g) each

Utensil:

Saladmaster Food Processor
9" Small Skillet with Cover
medium mixing bowl

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Recipe:

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Recipe Description:

A delectable combination of fresh fruit with a sauce that adds an extra, exciting zing! Healthy, sweet and colorful, your body will love it as much as your taste buds love it.

Sauce

1/3 cup
orange juice
(80
mL)
3 tablespoons
lemon juice
(45
mL)
3 tablespoons
brown sugar, packed
(41
g)
1/4 teaspoon
orange zest
(0.5
g)
1/4 teaspoon
lemon zest
(0.5
g)
1/2 teaspoon
vanilla
(2.5
mL)

Fresh Fruit

1
cup pineapple, skinned and cubed (165 g) 1 1/2
cup strawberries, hulled and sliced (165 g) 1 1/2
kiwis, peeled and sliced 1
bananas, sliced 1
cup green grapes (150 g) 1

cup blueberries (150 g)

Directions:

1. Place all sauce ingredients into the small skillet, cover, and turn heat to medium. When Vapo-Valve™ clicks, uncover, reduce heat to medium-low and simmer for approximately 5 minutes. Remove from heat and cool.
2. Layer the fruit in a medium bowl in this order: pineapple, strawberries, kiwi, bananas, grapes and blueberries. Do not add bananas if not eating within 3 - 4 hours.
3. Pour the cooled sauce evenly over the fruit, cover and refrigerate for 3 - 4 hours before serving.
4. Mix salad (add bananas if necessary) and serve.

Tips:

- OK to make 1 day ahead. If doing so, do not add bananas until mixing fruit when it's time to serve.
- Can add or substitute other fruit such as red grapes, oranges, raspberries or mangos.

Nutritional Information per

▼ Serving

Calories: 144

Total Fat: 5g

Saturated Fat: 1g

Cholesterol: 0mg

Sodium: 5mg

Total 39g

Carbs:

Dietary Fiber: 4g

Sugar: 27g

Protein: 2g