

Spice up your fruits intake

Written by Administrator

Tuesday, 09 March 2010 17:21 - Last Updated Tuesday, 26 October 2010 14:42



We all need our daily fruit intake, but sometimes eating a plain pear or orange just gets boring. Instead of skipping your fruit entirely, or letting some rot away in your kitchen, make a quick fruit salad. This recipe is an easy way to spice up your regular routine, avoid wasting fruit, and to have a tasty side dish.

1. The main ingredients to this fruit salad recipe are up to you-another easy perk! Shop for fruits you love, or use whatever fruits you have in your kitchen right now. You should have a minimum of three fruit staples, like bananas, apples, and pears, for tasty results. Plan for a total of 9 cups of fruit.
2. Slice 3 cups of each different fruit into bite-sized chunks and mix them together in a large bowl. I prefer fruit pieces to be around a half inch in width for this salad.
3. To make the dressing, mix 2 tablespoons lemon juice, $\frac{1}{4}$ cup of honey, and 6-8 ounces of the flavored yogurt you selected together. A good blending flavor is Strawberry Banana.
4. Add the dressing to the fruit chunks and mix it all together.
5. Chill the fruit salad for at least an hour before serving for best results.
6. Eat your fruit salad with dinner, as dessert, or as breakfast. How easy was that?!