

## IN THE KITCHEN

# Fruit salad with lime and mint dressing

As this recipe will work with any fruit, why not try to create a rainbow of colours?

### Ingredients:

- A selection of your favourite fruits (cut into pieces)
- Juice of 1-2 limes
- 1 tablespoon of granulated sweetener or sugar
- A small handful of mint leaves (finely chopped)

### You'll also need:

- A large mixing bowl
- A smaller bowl for the juice
- Clingfilm

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## Method:

- Put all the fruit into a large mixing bowl
- In a small bowl mix together the lime juice, sweetener/sugar and mint
- Pour this over the fruit and mix it all together
- Cover the fruit with clingfilm
- Pop it into the fridge for at least 30 minutes to allow the flavours to mix together

## TOP TIP:

Enjoy this on its own or with a scoop of ice cream

