

Summer fruit salad with passionfruit & orange drizzle



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Preparation 20 mins | Serves 6-8

- 2 ripe peaches
- 2 ripe nectarines
- 4 apricots
- 2 Valencia oranges, chilled
- 1 ripe mango
- 200g seedless green grapes, washed & chilled
- 125g blueberries
- 12 cherries
- Reduced fat ice-cream or gelato, to serve
- Passionfruit & orange drizzle:**
- 3 passionfruit, halved
- 2 tsp honey
- ¼ cup fresh orange juice (about 1 orange)

STEP 1 Halve and remove stones from peaches, nectarines and apricots. Roughly chop and place into a large bowl. Peel, remove all white pith and chop oranges. Slice cheeks from mango, remove skin and chop flesh. Add oranges, mango, grapes and blueberries to stone fruits in bowl.

STEP 2 To make drizzle, combine all ingredients in a bowl. Stir until honey dissolves. Drizzle mixture over fruit salad. Scatter with cherries and serve, or chill for a few hours in the fridge and serve with your favourite ice-cream or gelato.

Good for you... **CHERRIES**

A source of vitamin C. This vitamin helps the body defend itself against infections. The carbohydrate found in cherries has a low glycaemic index (GI), which means it is slowly absorbed and will provide long lasting energy. Cherries contain some valuable antioxidants with the highest quantities found in fruit with darker-coloured flesh.

