



Breakfast Fruit Salad

This is really refreshing first thing in the morning and keeps in the fridge for a couple of days.

Serves 2 - 3

1 pink grapefruit
1 orange
1 peach
Bunch black grapes
1 Kiwi fruit
Raspberries

Peel and segment the grapefruit and orange into a bowl, squeeze over the juice left in the core of the fruit.

Half the peach and twist to release the stone, cut each half into quarters lengthways, then into bite size pieces.

Half the grapes, destone if necessary.

Peel the kiwi fruit and cut into bite size pieces.

Mix everything together and store in the fridge until needed

To serve, spoon some of the salad into a bowl and sprinkle over a few raspberries.

Adaptations, Hints & Tips

Use any fruit in season, pineapple, melon, mango, apples, pears, apricots, strawberries, blueberries etc.

Sprinkle over soft fruit at the last minute as it will go mushy, the longer it sits.

This will only keep for a couple of days in the fridge. The fruit acids in the grapefruit and orange will start to break down the structure of the other fruits, turning them mushy.