

# FRUIT SALADS

## BERRY & TOFU SALAD

### INGREDIENTS

- 1 pint Blackberries
- 1 pint Raspberries
- 1 pint Boysenberries
- 1 pint Blueberries
- 1 1/2 C Tofu (soft) (crumbled)
- 2 T Nuts (raw) (your choice)
- Yogurt to taste
- Honey to taste



### DIRECTIONS

- 1 Rinse berries & dry thoroughly
- 2 Mix berries with tofu & nuts
- 3 Add yogurt & honey to your taste



## TROPICAL FRUIT SALAD

### INGREDIENTS

- 3/4 C Sweetened coconut flakes
- 2 T Honey
- 2 T Mint (fresh)(cut chiffonade style)
- 1 Lime (juice & zest)
- 2 Kiwis (peeled & sliced)
- 1 Banana (peeled) (sliced on the bias)
- 1 bunch Red grapes (small bunch)
- 1 Mango (peeled (pit removed) (chopped)
- Half Pineapple (large) (peeled) (cored) (chopped)



Chiffonade Cut



### DIRECTIONS

- 1 Pre-heat oven to 350 F
- 2 Spread the coconut out on a cookie sheet & toast until golden (5 minutes)
- 3 Remove from the baking sheet to a bowl to cool
- 4 Whisk together the honey, mint, lime juice & zest
- 5 Add remaining fruits & toss making sure all the fruit is thoroughly coated
- 6 Sprinkle the coconut into the salad before serving



