



Tropical Fruit Salad

Ingredients:

- 2 tbsp honey
- 2 tbsp orange juice or grapefruit juice
- 5 cups bite size pieces of peeled, pitted or cored fresh fruit
- 1 tbsp fresh mint
- ¼ cup pomegranate seeds

Instructions:

1. In a bowl stir honey with juice.
2. Add fruit and mint and toss to coat.
3. Garnish with pomegranate seeds.

Makes 4 servings.