

Delicious Summery Fruit Salad

Refreshing and flavourful dessert for the hot summer days

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INGREDIENTS

(makes 4-6 portions)

- ½ honey melon
- 2 peaches
- 1 banana
- about 10 medium strawberries
- 1 organic lime
- 1 tsp raw unprocessed cane sugar
- some fresh mint (I used 4 stalks) (optional)



DIRECTIONS

1. Remove the seeds from the honey melon. Cut the half into two halves and then that half into another two halves. Using a very sharp knife, carefully remove the skin of the honey melon. Then cube the honey melon into bite sized pieces.
2. De-stone the peaches and also cube them into similar sized pieces as the honey melon.
3. Peel and slice the banana.
4. Remove the greens from the strawberries and cube the strawberries.
5. Add all fruit into a medium bowl.
6. Wash the lime and then grate the skin into the bowl with the fruit. Use just the green part of the skin and stop grating once the white part appears. Then cut the lime in half and juice it.
7. To make the salad a bit sweeter mix one teaspoon of raw unprocessed cane sugar with the lime juice before pouring it over the fruit.
8. If using mint, remove the leaves from the mint stalks and tear them into the salad.
9. Mix the salad thoroughly to cover all of the fruit in the lime juice. Serve right away in transparent serving bowls.

TIP. You can serve the salad later, but I would suggest to make it as fresh as possible. If making beforehand, store in the fridge and not for longer than for 3-4 hours.