

# Minted Fresh Fruit Salad – A Taste of Sunshine

It's fall and winter is starting to blanket itself over us. But you can invite a little bit of summer into your meal with this delicious and easy fruit salad. Any fruit works, but I like the tropical blends. Try the two below and add some banana – or swap out the cantaloupe for mango – Then sit yourself down and enjoy!



## What you need:

- 2 cups of mixed fresh fruit – I used cantaloupe and pineapple
- $\frac{1}{4}$  cup chopped fresh mint

- 2 Tablespoons fruit flavored vinegar – I used strawberry
  - [click here to learn how to make your own!](#)

### How to Do it:

Toss everything together in a large bowl. Chill for 3-4 hours before serving to the flavors blend.



This dish is perfect for brunch, a side dish with curry or spicy Mexican food – or simply as a delicious and healthy snack!

Here are some suggestions for combos –

- Mango, Papaya and banana
- Pineapple, banana, kiwi
- Kiwi and strawberries
- Citrus combos like oranges, tangerines and grapefruit

Serves 4

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