



Fruit Salad with Orange Honey Yogurt

YIELDS: 5 servings

PREP TIME: 10 minutes

Ingredients



Figure 1: Fruit Salad with Orange Honey

Fruit Salad

- 1250 mL (5 cups) fresh fruit (melon, bananas, grapes, oranges, berries or other seasonal fruits)

Batter

- 310 mL (1 ¼ cups) vanilla yogurt
- 1 orange
- 45 mL (3 tbsp.) honey
- 2 mL (½ tsp) vanilla extract

EQUIPMENT: 4 cutting boards | 4 knives | liquid measuring cup | mixing bowl (large) | mixing bowl (small) | set of measuring spoons | grater | set of bowls and spoons for sampling | spoon

Directions

1. Thoroughly wash all fruit under cool running water.
2. Peel and cut fresh fruit into bite-size pieces.
3. Place in a large bowl and mix to combine.
4. Using grater, grate orange skin to create 15 mL (1 tbsp) of zest. Add remainder of orange to fruit salad.
5. In a small bowl, combine yogurt, orange zest, honey, and vanilla. Mix well.



6. Portion the fresh fruit onto individual serving plates and drizzle approximately 30-45 mL (2-3 tbsp) of yogurt sauce onto the fruit. Alternatively, the orange honey yogurt sauce can be added to the bowl of fruit and gently mix together.

CHEF'S TIP: Any kind of fresh fruit works well in a fruit salad. For information on what is in season visit www.ontario.ca/foodland/page/availability-guide.