

# Summer Multi-Fruit Salad



**Tip:** This refreshingly cool multi-fruit salad combines the crisp summer flavors of ripe peach, plum, cherries, blueberries and banana. The salad can be served either as is or with an optional dressing, as pictured above, made simply with lime juice, plain yogurt and either coconut cream or your favorite jam.

**Preparation Time: 7-10 minutes**

**Ingredients**  
(for 2)

**Fruit Salad**

**1-2 Handfuls Fresh Cherries**

**1-2 Handfuls Fresh Blueberries**

**1 Ripe Plum**

**1 Ripe Peach**

**1 Banana**

**Your Favorite Dried Fruit (optional)**

**Optional Dressing**

**1 Lime**

**2-3 Tablespoons Coconut Cream or Favorite  
Jam**

**3 Tablespoons Plain Yogurt** (I'm using non-fat Greek yogurt because of its great flavor and high protein content, but any plain yogurt will work)



## Ingredients

Bowl

Strainer or Colander

Cutting Board

Sharp (Paring) Knife



Tablespoon

Cherry Pitter

Measuring Cup or Small Jar (for optional dressing)

Can Opener - only needed if you're using coconut cream usually packaged in a can



1. Pull the **stems** from **1-2 handfuls of fresh cherries**.



Rinse the **cherries** in a strainer or colander, and...



...remove the **seeds** with a cherry pitter.





2. Rinse **1-2 handfuls of blueberries**, making sure...



...to remove the **stems** from any **berries**, if necessary. Then...



...add the **blueberries** to a bowl with the **pitted cherries**.





3. Rinse a **peach** and **plum**, and prepare them as shown.



**Peach** - Start by cutting **peach** in half lengthwise around the **seed**. Then twist the **peach** apart, remove the **seed**,...

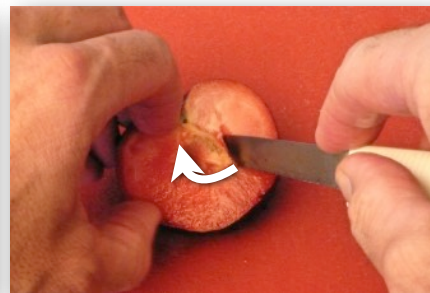




...cut the **peach halves** into slices about 1/2 inch (1.25 cm) wide, and cut the **slices** in cross section into **pieces** also about 1/2 inch (1.25 cm) wide.



**Plum** - Cut the **plum** in half around the **seed**, make a cone-shaped cut around the **seed**, and carefully pry the **seed** from the **plum half** as shown in the third picture below.



...cut the **plum halves** into **slices** about 1/2 inch (1.25 cm) wide, and cut the **slices** in cross section into **pieces** also about 1/2 inch (1.25 cm) wide.



4. Peel the **banana** and cut it into the **salad** in **slices** about 1/2 inch (1.25 cm) wide.



5. Add an optional **handful of your favorite dried fruit** (I'm using a packaged mix of dried fruit, but any dried fruit will work fine).



6. Make the **optional dressing** by cutting a **lime** in half (you can soften the lime to make it easier to squeeze by rolling it on a hard, flat surface like a counter or tabletop with the palm of your hand as shown in the insert photo below).





Squeeze the **juice** from **both lime halves** into a measuring cup or small jar.



Add **2-3 tablespoons** of *either* **coconut cream** (left) or **apricot jam** or **your favorite jam** (right) and...



...**3 tablespoons** of plain yogurt.





Stir with a spoon until...



...**all the ingredients** are uniformly well mixed together as shown below.





7. Pour the **dressing** over the **fruit salad**, then stir until



...all the ingredients are well mixed together and...



...serve.



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