

Summer Fruit with Honey Dressing

SCD dressing



Ingredients:

1/3 cup	Honey
1/3 cup	Lemon or lime juice
6	Fresh mint leaves, finely snipped
2 cups	Melon cubes
2 cups	Green seedless grapes
1 cup	Fresh blueberries
1 cup	Fresh pineapple chunks

Directions:

- 1.) In a mixing bowl, use a whisk or hand mixer to whip the honey until it turns thick and opaque.
- 2.) Add lemon / lime juice, then stir in mint leaves.
- 3.) Combine the fruit in a large glass or pottery bowl.
- 4.) Pour the honey mixture over and stir gently to coat.

Serve immediately with a clear flute of sparkling water or Prosecco.

Notes / Suggestions:

- 1.) If possible, get the ingredients at your local farmer's market. Food tastes better when you know where it comes from.