

Israeli Fruit Salad

Recipe By Shuli Madnick



Cooking and Prep:  30
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Serves:  8

No Allergens

Preference: Parve

Difficulty: Easy

Diet: Vegetarian, Low Fat

Source: Whisk by Ami

Magazine

Ingredients (9)

Main ingredients

- 4 medium apples, cored and diced
- 2 large bananas, peeled and diced
- 1 large pear, cored and diced
- 2 handfuls grapes (about 40), halved
- 2 mangoes, peeled, diced
- juice of 1 large lemon

2 cups orange juice

1-4 tablespoons sugar or **Gefen Honey** (depending on taste)

1/4 teaspoon cinnamon, 2 cinnamon sticks, or 1/4 teaspoon of cardamom (*optional*)

Start Cooking

To Prepare the Fruit Salad

1. Immediately after dicing apples, bananas, and pear sprinkle these three fruits with some of the lemon juice to avoid oxidizing and turning brown.
2. Combine all fruit together, mix in remaining lemon juice, orange juice, sugar or honey if you wish according to taste (4 tablespoons at the maximum).
3. Stir in cardamom, cinnamon or cinnamon sticks if you wish. If adding spices, add only one of the three.
4. Cover with plastic wrap and chill before serving.