

# PACK YOUR PICNIC BASKET

## RAINBOW FRUIT SALAD (EAT THE COLOURS OF THE RAINBOW)

RECIPES BY: SHAUNNA LEINSTER, CULINARY NUTRITIONIST & PRIVATE CHEF

### INGREDIENTS

- 1 CUP OF STRAWBERRIES, STEMMED AND QUARTERED
- 1 CUP OF FRESH APRICOTS, PITTED AND QUARTERED
- 1 CUP OF FRESH PINEAPPLE, CUT INTO 1 INCH PIECES
  - ½ CUP OF GREEN GRAPES, HALVED
  - ½ CUP OF PURPLE GRAPES, HALVED
  - ½ CUP OF BLUEBERRIES
- ¼ CUP OF POMEGRANATE SEEDS
- 10 MINT LEAVES, TORN

### FOR THE DRESSING

- ½ CUP OF STRAWBERRIES
- 3 TBSP OF WHITE BALSAMIC VINEGAR
  - 2 TBSP OF RAW HONEY
  - 6 MINT LEAVES
- A PINCH OF SALT AND PEPPER
  - ¼ CUP OF OLIVE OIL

### PREPARATION

COMBINE STRAWBERRIES, APRICOTS, PINEAPPLE, GRAPES, BLUEBERRIES AND POMEGRANATE SEEDS IN A LARGE BOWL.

IN A HIGH SPEED BLENDER, COMBINE STRAWBERRIES, WHITE BALSAMIC, HONEY, MINT LEAVES, SALT AND PEPPER.

BLEND UNTIL COMBINED.

WHILE THE BLENDER IS RUNNING, SLOWLY POUR IN THE OLIVE OIL TO EMULSIFY.

TOSS DRESSING WITH THE FRUIT SALAD AND GARNISH WITH TORN MINT LEAVES. SERVE.



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