

PAPAYA FRUIT SALAD

INGREDIENTS

JUICE OF ONE FRESH LEMON*

1 AVOCADO

1 PAPAYA

6 FRESH FIGS

1 GUAVA

2 NECTARINES (OR PEACHES)

1 TBSP ORGANIC HONEY

1/2 TBSP GROUND CINNAMON

PINCH GRATED NUTMEG

***RESERVE 2 TBSP OF JUICE TO USE WITH HONEY**

PREPARATION

1. HAVE A LARGE DECORATIVE GLASS BOWL HANDY. PUT THE JUICE OF THE FRESH LEMON IN THE BOWL FIRST. I LIKE TO PREPARE THE AVOCADO FIRST SO THAT IT CAN SIT IN THE LEMON JUICE AT THE BOTTOM OF THE BOWL. THAT WAY IT WON'T TURN BROWN TOO QUICKLY. PEEL AND CHOP THE FRUIT INTO BITE-SIZE PIECES AND PUT EVERYTHING IN THE BOWL.

2. IN A SMALL BOWL SOFTEN THE HONEY WITH 2 TABLESPOONS OF THE LEMON JUICE. THIS MAKES IT EASIER TO MIX INTO THE SALAD. POUR OVER SALAD AND ADD SPICES. TOSS GENTLY. SERVE!