

# Simple fruit salad

This is an easy to make delicious dish that you can enjoy for breakfast, desert, or snack. However you actually may enjoy this dish any time you like. The ingredients for this fruit salad includes grapes, strawberries, pineapple, and mandarin, but you can have whatever fruit you like to this recipe. Fruits are known to have fiber, which is known to aid digestion and prevent constipation. On top of that the fruit mixed with a little honey will provide your taste buds with a healthy sweet flavor I'm sure you will enjoy.



## Ingredients:

- 1 mandarin
- 2-3 strawberries
- $\frac{1}{4}$  cup of diced pineapple
- 4 grapes
- $\frac{1}{2}$  tablespoon of honey

**Method:**

- Wash all the fruit off.
- Cut the strawberries and grapes in half
- Peel the mandarin and pull apart into slices or cut into slices
- Combine all fruit into a bowl
- Drizzle  $\frac{1}{2}$  tablespoon of honey on top of the fruit and mix if desired.

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