

Tropical Fruit Salad



The fruit salad is an excellent meal, especially for warmer days. Let's go to a very nutritious and healthy recipe!

Ingredients

- 1 ripe mango, peeled and diced;
- 1 small pineapple, peeled and cut into pieces;
- 1 small melon, peeled and diced;
- 1 kiwi, peeled and sliced;
- 1 cup strawberries, washed and halved;
- 1 banana, sliced;
- 1 orange, peeled and cut into segments;
- Juice of 1 lemon;
- Fresh mint leaves for garnish (optional).

Preparation

Preparing the Fruits:



Wash and peel the fruit as needed, removing skins and seeds.

Cut the fruit into pieces or slices, depending on the fruit.

Mixing the Fruits:

In a large bowl, combine all the cut fruit.

Washing with Lemon Juice:

Squeeze the lemon juice over the fruit. This will help bring out the flavors and keep the fruit fresh.

Another option is to sprinkle it with orange juice, this is another option if you don't want it to taste too sour.

Orange is a better option as lemon becomes bitter in a short time. In this case of adding lemon to the fruit salad, it must be consumed completely immediately after making it, otherwise it will have a bad taste.

Mixing Gently:

Carefully toss the berries gently to combine the flavors and lemon juice.

Decorating and Serving:

If desired, garnish the salad with some fresh mint leaves to add a touch of color and aroma.

Serve immediately as a refreshing dessert or healthy snack.

This fruit salad is a delicious option to savor the colors and flavors of the season. In addition to being nutritious, it's a great way to enjoy the variety of fruits available. Also try adding other fruits of your choice, such as raspberries, blackberries or peaches. Bon appetit!

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