Kathryn's Fresh Fruit Salad with Maple Syrup and Lemon Juice Sauce

This fresh fruit salad is easy, tasty, relatively healthy - and goes well with cookies, if you insist on going that route. It makes a great side dish or dessert.

**Ingredients:**
One container each of the following cleaned and cubed from your grocery store's refrigerated produce department. Choose fruit that appears sufficiently ripe:
- Pineapple
- Watermelon
- Mango
- Cantaloupe
(Or substitute the above with fresh fruit of your choice.)

- One pint blueberries
- One pint raspberries
- Juice of one lemon (approximately ¼ cup)
- ¼ cup maple syrup
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg

**Directions:**

**Sauce:** Wash and dry the lemon. Cut it in half. Squeeze the juice from both halves into a glass measuring pitcher making sure to remove any seeds that drop into the pitcher. It will be approximately ¼ cup. Add an equal amount of maple syrup to the lemon juice.

Pour the lemon juice – maple syrup combination into a small saucepan. Add 1/8 teaspoon ground cinnamon and 1/8 teaspoon ground nutmeg. Stir a bit. Heat over low heat for approximately 3 minutes – just until tiny bubbles begin forming at the pan’s sides. Remove from heat. Stir gently to combine the spices with the liquids. Set aside.

**Prep the fruit:** Cut the pre-cleaned fruit into bite size pieces. It is usually packed in chunks too large for fruit salad. Put the fruit into a large mixing bowl. Add the juice from each container. Wash and drain the blueberries. Add them to the fruit in the bowl.

**Combine the sauce and the fruit:** Pour the maple syrup – lemon juice sauce over the fruit. Stir gently to combine. Transfer the fruit to a pretty serving bowl. I like to serve mine in a clear glass bowl that will show off the variety of the fruits colors. Top the salad with the raspberries that have been washed and drained. Serve. Refrigerate the left-overs.

This recipe makes a good deal of fresh fruit salad. If it is more than you and your family can or will want to eat within a few days, consider putting some into a give-away container and drop it at a friend's house. You can put it on your friend's porch, step back six or more feet, and perhaps have a face-to-face chat with someone you know and love. Wonderful!

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