

Recipe

Spring's Very Berry Salad

By

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Ingredients

6 cups hulled strawberries, sliced
4 cups red grapes
4 cups blueberries
2 cups blackberries
2-3 medium firm kiwi fruits, sliced

Preparation

Wash all berries and grapes. Peel the skin of kiwi fruits.

Slice kiwi fruits and strawberries.

Arrange the fruits in any order you like in a big glass salad bowl. The first layer can be strawberries, second can be blueberries, third can be grapes, and then blackberries.

Arrange kiwi slices on top.

***Kids love this salad without any dressing (I tried it with a group of third graders; they loved it and finished all).

***If you like a lite dressing to go with this salad, simply mix honey, mint, and lemon juice in a bowl and pour it on top before serving! For a heavier dressing, use yogurt, honey, and lemon juice!

***You can also use cantaloupe cubes or honey dew cubes to make the salad look more colorful.

Serves

18-24 servings

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