

Recipes

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TROPICAL FRUIT SALAD

- 1 TSP. LIME ZEST
- 1/4 CUP LIME JUICE
- 2 TBLS. HONEY
- 3 TBLS. FRESH MINT (CHOPPED)
- 1 PAPAYA (PEELED AND CUT INTO 1/2" WEDGES)
- 1 MANGO (SAME AS ABOVE)
- 2 KIWI PEELED AND SLICED THICK
- 2 BANANAS PEELED AND SLICED THICK

WHISK LIME ZEST WITH THE JUICE, HONEY AND MINT.

POUR OVER THE MIXED FRUITS AND SERVE.



AS Seen on KMID



COOKING DEMO 5-25-02