



Fresh Fruit Summer Salad

Ingredients

- 6 or 7 half pint mason jars OR 1 medium sized bowl.
- 1 pound strawberries, cut and quartered & 2 cups blueberries
- The juice from 1 fresh lemon, or 2 tablespoons of lemon juice
- 1 tablespoon of cinnamon (adjust amount to your liking)
- 2 tablespoons honey (adjust amount to your liking)
- 1 tablespoon fresh mint (optional)

Instructions

- Throw ingredients in a bowl and stir gently. Refrigerate 1 hour before serving. That's it!
- This recipe does not require water and if you feel your mix is too dry add a touch more lemon or honey. As the mixture sits, the sugar from the honey will naturally draw out water from the fruit through the process of osmosis, leaving you with an amazing dressing!
- Helpful tip for fruit preservation: If you ever feel like you can't get more than 3 days out of your fresh fruit before it molds, try the following method of preserving your fruit. It is so simple and quick and ends up saving you so much money from wasted/moldy fruit!
- Simply fill a large bowl $\frac{3}{4}$ of the way with cold water and add about $\frac{1}{2}$ -1 cup of white vinegar. Add in your fruit such as strawberries, blueberries or raspberries, and let them soak for about 5-10 minutes (any longer you may have pickled fruit so don't forget it on the counter).
- Once done soaking, remove and strain, dry well, and place in an airtight storage container. You can also place a paper towel in the bottom of the container to soak up any additional moisture.