

# Sunflower Fruit Salad

A delicious fruity salad for those hot (**English (?)**<sup>1</sup>) summer Sunday afternoons.

Quantities are for 4 generous portions.

Add more fruit to make a party dish.

## Ingredients

- 75 g either **FAIRTRADE** roasted cashew nuts or roasted peanuts
- 125 g sunflower seeds, roasted or uncooked
- 1 medium **FAIRTRADE** apple, cored and sliced
- 1 **FAIRTRADE** banana sliced
- 1 **FAIRTRADE** orange in sections
- 1 fresh peach sliced
- 125 g **FAIRTRADE** seedless grapes
- 50 g **FAIRTRADE** sultanas
- 25 g shredded **FAIRTRADE** coconut
- 30 ml **FAIRTRADE** honey
- 250 ml **FAIRTRADE** white wine or apple juice
- juice of half of a **FAIRTRADE** lemon
- Fresh mint to garnish

## Method

### Preparation

If necessary roast the nuts and seeds by spreading them out on a clean baking tray and baking in the oven at gas mark 3 for 30 minutes or until browned.

Marinate the sultanas in the wine or juice whilst the seeds are browning and the fruit is being prepared.

Prepare the fruit, trimming off bruises, removing seeds, etc.

## Assembly

Put the prepared fruit in a mixing bowl (can be the serving bowl), and pour in the marinade juices and fruit. Turn gently.

Once the seeds are browned, add to the mixture.

Chill for minimum 30 minutes in the fridge.

## Serve

Serve with cream or ice cream, or dollops of Greek style yoghurt.

## Variation

Use fruit as available in the season.

For extra aroma and bite add 25 ml **FAIR-TRADE** rum to the juices.

## Notes

This is a simple dish, but attention to details makes a big difference.

Use the freshest fruit that you can afford.

Try to get as much pith off the oranges and core out of the apples or pears as time permits.

Fruit with skin (grapes, orange segments, etc.), should be sliced to release the natural juices.

<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/england.htm>