

# Tropical Fruit Salad

A **U.K.**<sup>1</sup> recipe.

Delicious exotic fruits, fresh fruit, and spice topped with toasted crispy bits and a hint of alcohol, make this a real summer treat.

With thanks to our friends at **Tropical Wholefoods**<sup>2</sup> for permission to use their recipe.

## Ingredients

- 100 g Tropical Wholefoods sun dried **FAIRTRADE** mango
- 150 g Tropical Wholefoods sun dried pineapple
- Tropical Wholefoods sun dried star fruit
- 6 lychees
- 2 **FAIRTRADE** bananas
- 250 g fresh raspberries
- 140 ml **FAIRTRADE** orange juice
- 30 ml kirsch or Grand Marnier
- 15 g roasted coconut flakes

## To serve

Serve with fresh cream. Open a bottle of **FAIR-TRADE** white wine as well (or a red). Relax. Put some nice music on the hi-fi. Be grateful for small mercies and the luxury of a western lifestyle.

## Variation

You could perhaps try **FAIRTRADE** grapes as well if you can find them.

## Method

Soak the Sun Dried Mango, Pineapple and Star Fruit in warm water for 20 minutes.

Puree the reconstituted fruit in a food processor. Then add all the fresh fruit to this, taking care to mix gently so as to minimise damage of the fruits.

Combine together the orange (or other fruit) juice, Kirsch and spices and pour over the mixed fruit.

Cover and refridgerate for one to two hours, allowing the flavours to mingle. Sprinkle with the roasted coconut flakes.

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

<sup>2</sup><http://www.tropicalwholefoods.com>