



## Easy Fruit Salad

By Chef Veera Gaul, Ph.D.



### Ingredients

(\* indicates my preferred ingredients – see notes for alternatives)

- 1 lb strawberries, hulled and chopped
- 2 cups chopped pineapple
- 1 ½ cups blueberries, washed
- 1 ½ cups orange segments
- 1 cup sweetened or unsweetened shredded coconut
- ½ cup mint leaves (more for garnish)
- 2 ½ tablespoons O&V [Blueberry Vinegar](#) \*
- 1 tablespoon O&V [Blood Orange Oil](#) \*
- 2-3 tablespoons **Runamok Maple Syrup** (to taste)

### Preparation

Chop the pineapple and strawberries, wash the blueberries and segment the oranges.  
Toss all the fruit together in a bowl

Chiffonade (thinly slice) the mint leaves. Add the sliced mint to the fruit and gently toss.

In a separate small bowl whisk together the honey/maple syrup, oil, and vinegar until it comes together, Drizzle over fruit and lightly toss again. Garnish with the remaining mint leaves and serve immediately.

Optionally reduce 2 additional tablespoons of Blueberry vinegar and drizzle over the salad as you serve it

Serves 6-8

Active time 25 minutes Total Time: 25 minutes

### Notes

\* The [Blood Orange Oil](#) adds an amazing citrusy flavor and the [Blueberry vinegar](#) has a wonderful balance of sweet and tart with a fabulous taste of fresh picked blueberries. You can use another fruity vinegar but, as always, the quality of the oil and vinegar you use will greatly impact the finished dish.

All highlighted products are available at [Oil & Vinegar stores](#)

Categories: Gluten Free, Dairy Free, Sweet, Dessert, Fruit Salad, Blueberry Vinegar, Blood Orange Oil, Soups & Salads, Mediterranean Diet, Summer Eating,