

MACEDONIA DI FRUTTA

Macedonia is a refreshing, easy and delicious Italian Style Fruit Salad. Use seasonal fruit, and feel free to add your favorites.

INGREDIENTS:

- 1 cup chopped Apples
- 1 cup chopped peeled Peaches
- 1 cup Blueberries
- 1 cup chopped Pears
- 1 cup sliced Banana
- 1 cup Strawberries
- (1) Lemon
- 4 Tbsp Sugar
- (1) Orange



ONE DAY BEFORE

Cut the strawberries into small cubes and place them into a small mixing bowl.

Squeeze one full lemon on top of the strawberries.

Sprinkle 4 tablespoons of sugar over the top.

Leave this in the fridge overnight and it will macerate into a yummy strawberry juice! Taste a small amount to see if it needs any more sugar or lemon to make sure the flavor is balanced.

THE DAY OF

Cut the fruit into small cubes.

Add them to your medium sized mixing bowl.

Pour the strawberries with all of the delicious juice over the top. Squeeze an orange over the top. Mix together well with a spoon.

Serves 5