

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Sunshine Fruit Salad



- 1 prickly pear
- 1 Tablespoon agave
- 1 teaspoon fresh lime juice
- 2 navel oranges, peeled and sectioned
- 1 pink grapefruit, peeled and sectioned
- 2 cups diced fresh pineapple
- 1 cup green seedless grapes, halved

WEAR HEAVY GLOVES WHILE PREPPING THE CACTUS. Cut the skin from the cactus pear and reserve the fruit inside. Chop the pear coarsely then puree in a blender. Strain into a large bowl and discard the seeds. Stir in the agave and lime juice stirring well to combine. Toss with remaining fruit and serve immediately or cover and refrigerate overnight.