

Fruit Salad w/Herb Syrup

This light, refreshing dessert salad can also be made with blueberries, pineapple, nectarines, or bananas—whatever is in season.

Ingredients

- 🕒 1 cup water
- 🕒 ¼ cup sugar (*I used 1 Tablespoon and 2 teaspoons stevia*)
- 🕒 ½ vanilla bean
- 🕒 1 large handful of bruised fresh mint, lemon balm, lemon verbena or lemon grass
- 🕒 few strips of lime zest
- 🕒 1 tablespoon freshly squeezed lime juice
- 🕒 3 or 4 ripe peaches, peeled and sliced
- 🕒 1 small ripe cantaloupe, seeded and cut into bite-size pieces
- 🕒 1 small ripe honeydew melon, seeded and cut into bite-size pieces



Directions

Make the flavored fruit syrup by combining water, sugar, vanilla, herbs and zest. Bring the contents of the pan to a boil, reduce heat, and simmer for 10 minutes. Remove from heat and let cool.

When cooled to room temperature, strain the syrup and stir in the lime juice.

At the point the syrup can be stored in the refrigerator for up to 5 days.

Toss the peaches and melon together in a large bowl. Pour the syrup over the fruit. Toss the mixture well. Cover the fruit and chill it for a least ½ hour before syrup. Serve at cool room temperature.

