

Breakfast Fruit Salad



Serve this refreshing salad for brunch. It will be a hit!

Serves 6-8

1 orange, peeled and cut into small pieces. Reserve juice while cutting.
1/4 c. plus 2 Tbs. Spectrum Organic mayonnaise
1-1/2 c. seedless grapes, halved
2 small apples, chopped
2 small speckled bananas, sliced
1/3 c. flaked unsweetened coconut*
1/3 c. chopped pecans or walnuts
1/4 c. dried unsweetened cherries, chopped
1/4 c. raisins

In a small bowl, combine mayonnaise and 4-1/2 tsp. of reserved orange juice.

In a large bowl, combine the oranges, grapes, apples, bananas, coconut (if using), pecans or walnuts, cherries and raisins. Divide among individual serving dishes; drizzle with mayonnaise mixture. Serve immediately.

*Check "Breaking the Vicious Cycle" for comments on coconut. You may need to wait until you have been on the diet for several months before adding coconut to your diet.