



## Fruits of Israel Salad

### Ingredients:

!For the Salad

4 large mejool dates (or 8 regular sized dates), pitted

4 dried (or fresh) figs, stems removed

3 fresh apricots, or 6 dried

Seeds from 1 pomegranate (or dried sour cherries, if not in season)

2 oranges

2 cups assorted grapes (black, green, red)

½ cup pistachios and/or almonds, crushed

!For the Dressing

2 tablespoons chopped fresh mint leaves

2 to 3 tablespoons freshly squeezed lemon juice

1 tablespoon honey

1/4 to ½ teaspoon ground cinnamon

### Directions:

Chop all the fruit into bite-size pieces and place into a large mixing bowl. Sprinkle the crushed nuts, chopped mint leaves, lemon juice, honey, and ground cinnamon over the top and toss the fruit salad with a fork and spoon. Adjust seasonings according to taste.

Serve chilled or at room temperature in serving bowl. Plain yogurt may be served on the side, if desired.