

# Lebanese Fruit Salad



Serves 4, 225 Cals per serve.

1 apple, core removed, diced  
1 pear, core removed, diced  
1 peach, stone removed, diced  
1/3 cup of dried apricots, chopped  
1/3 dried figs, chopped  
1/4 cup flaked almonds  
1/4 cup shelled pistachio nuts  
1 small lemon, rind finely grated  
1 pinch of ground cloves  
1/2 teaspoon of vanilla extract  
1/2 cup of apple juice (unsweetened)  
1 teaspoon rosewater essence

Topping:

4 teaspoons of shelled pistachio nuts, chopped  
1 teaspoon of cinnamon

Mix apple, pear, peach, apricots, figs and nuts in large bowl

Add rind, cloves, vanilla, apple juice and rosewater, add to the fruit and mix well.

Mix the nuts and cinnamon to make the topping.

Serve with yoghurt or cream (don't forget to add the calories) and sprinkle the topping on top.

Jen's note: it is even better the next day when the dried fruit have absorbed the liquid... to make it last, I tossed the apple and pear in 1 teaspoon of lemon juice before adding to the other ingredients.