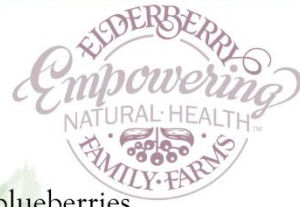


ELDERBERRY SUMMER FRUIT SALAD



Ingredients:

1/2 ripe pineapple	1 ripe mango
1/2 lb. (about 1 cup) fresh strawberries	1/2 cup fresh blueberries
1 1/2 TBS Elderberry Family Farms Syrup	1 tsp lemon juice
1/8 tsp cinnamon (extra for garnish)	Pinch of Allspice

Peel and core the pineapple and cut it into bite size chunks. Peel and cut the mango into bite size chunks. Hull and slice the strawberries. Remove any visible stems from the blueberries. Add the syrup, lemon juice and spices. Gently toss until all the fruit is coated with syrup and spices. Divide into bowls, top with a tiny dash of cinnamon and serve immediately. Store leftovers in the refrigerator. Serves 4

Recipe by Anne Marck

Helpful Tip:

This recipe can easily be doubled. Frozen mangoes and blueberries may be used in place of fresh. Pineapple and strawberries are best if they are fresh.

We've discovered that our elderberry syrup is the perfect complement to anything that would pair well with other berry varieties.

Which makes sense, because even though these berries are tart, with the addition of spices, lemon and honey, our syrup adds a delicious hint of unique flavors to your recipes.

Which is why we decided to add a splash of elderberry syrup to our favorite summer fruits.