

Amish Delight

When I was a little girl, my mom used to cut fruit up into a bowl, then add a little orange juice. The acid would keep the fruit from overripening so it would keep for several days. I love pineapple and figured its juice would have the same effect, so I tried it. It worked, but why stop there? I added coconut milk and vanilla stevia, giving the fruit salad a refreshingly delicious pina colada base.

A few years ago I was asked for this recipe after my husband mentioned it to some Amish friends. Recipes spread through Amish communities like wildfire, and now I'm told it's become a staple at their summer picnics!

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In a large bowl whisk together:

- 1 QT Pure Pineapple Juice (Not from concentrate. I like Lakewood Organic.)
- 1 13.5 FL OZ can unsweetened organic coconut milk (I like Native Forest.)
- 1-3 squirts of Sweetleaf liquid vanilla stevia to taste (I have a sweet tooth, so 3 for me!)

Now go bananas and add all the fruit you can. The more kinds, the yummiier. But speaking of bananas, although they are a must in my salad, they do get a little brown and mushy, even in the pineapple juice, so add these last minute, especially if you are heading to a picnic or serving company.

Then:

- Add ½ to 1 cup unsulfured, unsweetened coconut flakes. (more or less to your liking)
- Add ½ to 1 cup slivered almonds (more or less to your liking)
- Add ¼ cup of flax seed (more or less to your liking)

(Note: This fruit salad gets better and better as it sits and the flavors absorb together.)
Enjoy!