Breakfast Orange Fruit Salad

A refreshing breakfast orange fruit salad is an excellent start to the day and a variety of herbs can be incorporated depending on what you have available.



- Peel and segment 4 oranges, removing as much pith as possible.
- Put in a bowl with any escaping juice.
- Add 6 soft dried apricots cut into quarters.
- Sprinkle over 1 tbsp rose water with a couple of tbsp finely chopped soft herbs to taste.

  Mint is great if you have some pots growing in a sheltered place or greenhouse, small sorrel leaves or some lemon balm will give a lovely lemony tang, or try just 1 tbsp of finely chopped fennel for an aniseed twist.

This should serve 2 – 3 people.