



Recipes

Desserts

Melon, Avocado and Figs

Prep Time: 15 minutes

Cooking Time: None

Yield: 4 servings

Ingredients:

- 1/2 your favorite summer melon (cantaloupe, galia, ambrosia, etc.)
- 1/2 avocado
- 4 fresh ripe figs
- 2 tablespoons flax oil
- 1 tablespoon rice vinegar
- 1 teaspoon agave syrup
- Pinch of salt
- 1 tablespoon fresh mint, sliced into thin ribbons

Directions:

1. Slice melon and avocado and arrange on a platter.
2. Whisk together the oil, vinegar, agave and salt.
3. Pour sauce evenly over fruit.
4. Garnish with fresh mint.

Note:

So delicious at the end of the summer when melons and figs are both available!