

Winter Fruit Salad with Vegetables and Toasted Almond Crumble

INGREDIENTS FOR 1 SERVING

- Half an apple, diced.
- 1 orange (half sliced and half juiced).
- Half a pear.
- Some grapes.
- 1 slice of fennel, thinly sliced.
- 1 small carrot, thinly sliced.
- 3 teaspoons of extra virgin olive oil.
- Salt and pepper to taste.
- Toasted and chopped almonds.

PROCEDURE

- Place the previously cut ingredients in a bowl.
- Add the orange juice, extra virgin olive oil, a pinch of salt and pepper, and the chopped almonds.
- Mix well and consume.

This fruit salad can be enjoyed as a side dish, or by omitting salt, pepper, and oil, it can be consumed as a fruit salad.