

Betty's Mother's Christmas Fruit Salad Recipe



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In this video, Betty demonstrates how to make her Mothers Christmas Fruit Salad with Brown Sugar Dressing. This salad has been a Christmas tradition in my family all of my life (and even farther back). It is a beautiful salad, very healthy, and tastes wonderful!

Ingredients:

- 1 ¼ cups firmly packed brown sugar
- 2 tablespoons cornstarch
- 1 cup water
- 1 tablespoon white vinegar
- 2 seedless oranges, peeled, sliced, and cut into quarter-slices
- 2 red delicious apples, chopped (You dont need to peel these.)
- 2 pears, chopped (You dont need to peel these.)
- 1 bunch of red seedless grapes, with each grape halved
- 3 bananas, peeled and sliced

In a small saucepan stir together 1 ¼ cups brown sugar and 2 tablespoons cornstarch. Add 1 cup water and 1 tablespoon white vinegar. Place over low heat, and cook, stirring constantly, until the dressing is thickened. Remove from heat, let sit at room temperature, and then refrigerate until ready to use. Prepare 2 seedless oranges, 2 red apples, 2 pears, a bunch of red seedless grapes, and 3 bananas, as directed above. Place all of the prepared fruit in a large clear bowl. Pour the cooled brown sugar over the fruit and fold until all of the fruit gets some coating. Cover the bowl of fruit with plastic wrap and refrigerate until ready to serve. You may serve this fruit salad directly from the bowl, or spoon it into individual sherbet glasses for an elegant look. It wouldnt be Christmas at my house without Mamas Fruit Salad! If you do not have a tradition like this in your family, I hope you will start one this year. Its one of the best parts of Christmas! Merry Christmas to all! Love, Betty ☐