



"Fresh from the Vine" Fruit Cocktail

1 (16 ounce) container fresh strawberries, stems removed, chopped
2 cups fresh raspberries
1 (6 ounce) container fresh blueberries
1 Gala apple, cored, cut in 4 pieces
2 cups water
1 cup pink moscato, zinfandel, or favorite red fruit wine
1/2 vanilla beans, split, scraped
2 cups halved red seedless grapes
1/2 cup dried cherries or cherry flavored cranberries
1-1/2 teaspoons almond extract

Garnish: Fresh mint sprigs as desired

See Serving Suggestions

Prepare the Fruit Sauce: In large saucepan, place 1 cup chopped strawberries, 1-1/2 cups raspberries, 1/2 cup blueberries and 4 apple pieces. Add water, wine, and split scraped vanilla bean pod to saucepan; bring to a boil; reduce heat to medium boil. Cook for about 15 minutes; remove apple pieces to cutting board if tender but still crisp. Set aside to

cool. Continue cooking sauce for another 10 to 15 minutes, stir occasionally. Set aside.

Fruit Bowl: Chop the cooled apples into bite-size pieces; place into large bowl. Add remaining 1-1/2 cups chopped strawberries, 1/2 cup raspberries, remaining about 2/3 cup blueberries, halved grapes, and dried cherries.

When sauce is cool enough to handle, pour into fine strainer over large bowl to remove seeds. Discard seeds; remove vanilla pod; set aside for another use. Stir almond extract into hot fruit juice; pour over chopped fruit. Stir to combine. Place in refrigerator to marinate overnight.

Yield: about 6 to 8 cups

Serving Suggestions: Serve fruit with sauce, plain or layer with yogurt and sprinkle with some granola crumbs.

Cook's Note: Use ripe fruit to make the sauce. Cover; store in refrigerator. It will become sweeter the longer it marinates. You can add additional fresh chopped fruit to the mixture during the week. We like to add more grape halves to the juice since that adds a crisp fresh flavor.

About the Recipe: This is one of our favorite recipes because it is so versatile. It can be served in small bowls for breakfast, spooned over cereal, or used as a light snack with some yogurt and crunchy granola sprinkles. We also love to serve it for dessert with ice cream or over our favorite shortcake. The fruit flavors blend into a unique taste, combining fresh fruits and fruit flavors from the wine. The dried cherries add a light sweet taste as it marinates. So delicious and healthy too.