

Fruit Salad

Foods with a slightly sour flavor (such as the berries, plums and citrus fruits in this recipe) can help to nourish the liver. Mint is cooling and soothing to the liver, and is particularly nice for irritated eyes. The cardamom and ginger help to move the qi and are warming. Together, these herbs and fruit create a nicely balanced recipe to harmonize the liver.

- 2 peaches, pitted and sliced
- 2 plums, pitted and sliced
- 1 pint strawberries, sliced
- 2 oranges, peeled and sectioned
- 1 grapefruit, peeled and sectioned
- ½ pint raspberries
- ¼ cup fresh mint, chopped
- ¼ tsp. ground cardamom
- 1 tsp. fresh ginger, grated
- 2 Tbsp. honey

Toss all ingredients together in a large serving bowl. Chill as desired and serve.