

# FRUIT SALAD

Serves 4

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## EQUIPMENT



**Apple corer**



**Mixing bowl & mixing spoon**



**Cutting board & paring knife**

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## INGREDIENTS



**1 Apple**



**1 Banana**



**Grapes**



**2 Halos**

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## DIRECTIONS



**1. Wash apple & grapes.**



**2. Cut the apple using an apple slicer corer. Cut sections into smaller pieces.**



**3. Cut banana into small pieces**



**4. Peel 2 oranges and cut sections in half.**



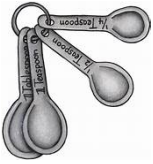
**5. Cut grapes in half, if desired.**



**6. Mix fruit together in a bowl**

# FRUIT SALAD DRESSING

## EQUIPMENT



Measuring spoons



Liquid measuring cup



Rubber Spatula



Wire Whisk

## INGREDIENTS



1 Tablespoon honey



1/4 cup orange juice

## DIRECTIONS



**1. Mix together  
1/4 c. orange juice &  
1 T. honey in a small  
liquid meas. cup.**



**2. Pour dressing  
over fruit & stir  
together with  
rubber spatula.**

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(123g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>90</b>
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
<b>Total Carbohydrate 23g</b>	<b>8%</b>
Dietary Fiber 2g	7%
Total Sugars 18g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein 1g</b>	
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 0mg	0%
Potassium 242mg	6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**K-STATE**  
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