




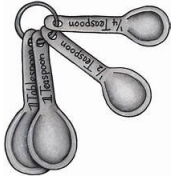

Fresh Fruit Salad

Makes 4 Servings; ½ cup per serving







Nutrients Per Serving:

450 Calories | 1g Fat (0g Saturated) | 117g Carbohydrates | 17g Added Sugar | 5g Protein | 10mg Sodium | 11g Fiber

Equipment Needed









 <p>Bowl and mixing spoon</p>	 <p>Apple corer slicer</p>	 <p>1 cup liquid measuring cup</p>	 <p>Measuring spoons</p>	 <p>Cutting board and knife</p>
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Ingredients Needed

 <p>1 apple</p>	 <p>1 banana</p>	 <p>2 mandarin oranges</p>	 <p>1 cup grapes</p>
 <p>1 tablespoon honey</p>	 <p>1/4 cup 100% orange juice</p>		

Directions

(Tbsp = tablespoon, tsp = teaspoon)

<p>1</p>  <p>Wash hands and rinse fruit.</p>	<p>2</p>  <p>Using an apple corer slicer, cut the apple into slices.</p>	<p>3</p>  <p>Using the knife, cut each slice into smaller pieces. Put apple pieces in the bowl.</p>	<p>4</p>  <p>Peel the banana and cut it into slices. Put slices in the bowl.</p>
<p>5</p>  <p>Peel the mandarin orange, divide into sections, then add to the apples and bananas.</p>	<p>6</p>  <p>If desired, cut the grapes in half, then add to apples, bananas, and oranges.</p>	<p>7</p>  <p>In a liquid measuring cup add: 1/4 cup orange juice 1 Tbsp honey</p>	<p>8</p>  <p>Pour orange juice honey mixture over fruit and stir to coat all fruit. Refrigerate leftovers immediately.</p>