






Fruit Salsa

Makes 4 Servings

Nutrients Per Serving:

70 Calories | 0g Fat 0g Saturated) | 16g Carbohydrates | 13g Added Sugar | 0g Protein | 0mg Sodium | 1g Fiber

Equipment Needed

 <p>Strawberry slicer (optional)</p>	 <p>Cutting board and knife</p>	 <p>Spoon</p>	 <p>Food chopper (optional)</p>
 <p>Large mixing bowl</p>	 <p>Measuring cups and spoons</p>		

Ingredients Needed






**Brand names that may be used in this recipe are not intended to endorse brands. Use any brand of your choice. **

 <p>1 cup strawberries</p>	 <p>1 Kiwi</p>	 <p>1/2 cup thawed mangos</p>	 <p>1 banana</p>
 <p>1/4 teaspoon nutmeg</p>	 <p>2 tablespoon lemon juice</p>	 <p>1/2 teaspoon cinnamon</p>	 <p>1/4 cup sugar</p>

Recipe continued on back page.

Directions

(Tbsp = tablespoon, tsp = teaspoon)

<p>1</p>  <p>Wash hands.</p>	<p>2</p>  <p>Cut green tops off strawberries. Place strawberries in a slicer to slice (optional) or slice with a knife. Place sliced strawberries in the bowl.</p>	<p>3</p>  <p>Cut the kiwi in half horizontally (the short way). Using a spoon, dig out the fruit of the kiwi and slice.</p>	<p>4</p>  <p>Peel and slice the banana.</p>
<p>5</p>  <p>Put 1/2 the bag of thawed mangos into the bowl with strawberries and kiwi.</p>	<p>6</p>  <p>Chop all fruit up with a food chopper or knife. Place the chopped fruit into a large bowl.</p>	<p>7</p>  <p>In a small bowl stir together in a bowl: 1/4 cup sugar, 1/2 tsp cinnamon, 1/4 tsp nutmeg, 2 Tbsp lemon juice Add mixture to the chopped fruit and stir to mix.</p>	<p>8</p>  <p>Enjoy with cinnamon chips, crackers, or by itself. Refrigerate leftovers immediately.</p>

- This recipe goes well with Cinnamon Chips found under snacks