



Rainbow Fruit Salad

Serving size: 4-oz cup

Yield: 12 servings

Ingredients:

Fruit salad:

- 1 large mango, peeled and diced
- 2 cups fresh blueberries
- 2 bananas, sliced
- 2 cups fresh strawberries, halved
- 2 cups seedless grapes
- 2 nectarines, unpeeled and sliced
- 1 kiwi fruit, peeled and sliced



Honey orange sauce:

- 1/3 cup unsweetened orange juice
- 2 tablespoons lemon juice
- 1 1/2 tablespoons honey
- 1/4 teaspoon ground ginger
- Dash nutmeg

Directions:

1. Prepare the fruit.
2. Combine all the ingredients for the sauce and mix.
3. Just before serving, pour honey orange sauce over the fruit.

Nutrition Facts: Calories: 96; Total fat: 1 g; Saturated fat: less than 1 g; Cholesterol: 0 mg; Sodium: 4 mg; Fiber: 3 g; Protein: 1 g; Carbohydrate: 24 g; Potassium: 302 mg

Source: *A Healthier You*, Centers for Disease Control and Prevention



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