

RECIPE

Rainbow Fruit Salad

Start to Finish: 15 minutes Servings: 12

Ingredients:

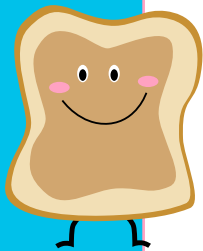
1 large mango, peeled and diced
2 cups fresh blueberries
2 bananas, sliced
2 cups fresh strawberries, halved
2 cups seedless grapes
2 nectarines, unpeeled and sliced
1 kiwi, peeled and sliced

Honey Orange Sauce:

1/3 cup unsweetened orange juice
2 tablespoons lemon juice
1 1/2 tablespoons honey
1/4 teaspoon ground ginger
Dash of 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 Information Per Serving:

96 Calories; 1 g Total Fat; 1 g Saturated Fat; 0 mg Cholesterol; 4 mg Sodium