Fruit Salad

Serves: 4
Prep: 15 minutes

INGREDIENTS
• 1 orange, peeled and separated
• 1 banana, diced
• 1 kiwi, peeled and diced
• 1 apple, diced
• 2 tablespoons lemon juice
• 1/4 teaspoon cinnamon

DIRECTIONS
1. Combine fruit in a medium mixing bowl. Add lemon juice and stir.
2. Add cinnamon. Mix well.
3. Refrigerate until serving. Serve with fresh basil if desired.

Notes:
• Add or substitute other types of fruit like pineapple and pear!

Nutrition Information
Serving Size: 1/4 of recipe
Calories 91
Total fat 0.4 g
Saturated Fat 0.1 g
Cholesterol 0 mg
Sodium 3 mg
Carbohydrates 22.9 g
Fiber 3.9 g
Sugars 15.6 g
Protein 1.2 g

Recipe source:
Greater Chicago Food Depository

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