

Fruit Salad



**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

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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