

Rainbow Fruit Salad

Adding a little honey and a touch of cinnamon to this simple fruit salad adds a warm touch to balance the natural sweet-tart fruit flavor.

YIELD 12 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 10 MIN
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INGREDIENTS

2 cups	Blueberries, fresh
1 each	Apple, any variety, diced
1 cup	Grapes, red, halved
1 (15oz) can	Mandarin Oranges, canned
1 Tbsp	Honey
1/8 tsp	Cinnamon

CHEF'S NOTES

Leaving the skin on the apple will give you more fiber, but you can peel it before dicing, if you prefer.

This tasty fruit salad makes a great side dish to round out a meal or serve it with a dollop of Yogurt Whipped Cream for a delicious dessert!

The fruits selected for this recipe are easily adaptable! Be sure to pick fruits that are a variety of colors and textures to get a balance in the taste and nutrients.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Drain mandarin oranges, reserving 2 Tbsp of the liquid in a small bowl.
3. Add the honey and cinnamon to the bowl with the orange juice and whisk to combine.
4. Add the cut fruit to a medium bowl. Pour dressing over cut fruit and stir to combine.
5. Chill until ready to eat. Enjoy!

Nutrition Facts

12 servings per container

Serving size 1/2 cup (80g)

Amount Per Serving

Calories 45

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 12g 4%

Dietary Fiber 1g 4%

Total Sugars 10g

Includes 1g Added Sugars 2%

Protein 1g 2%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.2mg 2%

Potassium 100mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

