



Honey Gingered Fruit Salad

Dress up your fruit salad with a sprinkling of chopped almonds for a sweet and crunchy treat.



INGREDIENTS

- 1 large mango, peeled and cut into chunks
- 1 cup fresh blueberries
- 1 small banana, peeled and sliced
- 1 cup strawberries
- 1 cup seedless green grapes
- 1 cup nectarines, sliced
- 1 cup kiwifruit, peeled and sliced

Honey Ginger Sauce:

- ½ cup 100% orange juice
- 2 tablespoons lemon juice
- 1 tablespoon honey*
- ⅛ teaspoon ground nutmeg
- ⅛ teaspoon ground ginger

PREPARATION

1. In a large bowl, combine fruit.
2. In a small bowl, mix all honey ginger sauce ingredients until well blended.
3. Pour honey ginger sauce over fruit and toss together.
4. Refrigerate for at least 20 minutes and serve chilled.



Makes 6 servings. *1 cup per serving.*
Prep time: 10 minutes **Marinate:** 20 minutes

Nutrition information per serving: Calories 124, Carbohydrate 32 g,
Dietary Fiber 4 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g,
Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg

* Do not give honey to children under the age of one.

Recipe courtesy of BOND of Color.