

INGREDIENTS

Rainbow Fruit Salad

20MINS

12 SERVINGS

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

For honey orange sauce:

- 1/3 cup unsweetened orange juice
- 2tbsp lemon juice
- 1 1/2 tbsp honey
- 1/4 tsp ground ginger
- Dash of nutmeg



Adapted from: [healthyeating.nhlbi.nih.gov]



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PROCEDURE

Rainbow Fruit Salad

1. Mix fruit together in a large bowl.
2. In a small bowl, combine all ingredients for the honey orange sauce and mix well
3. Just before serving, pour the honey orange sauce over the fruits



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