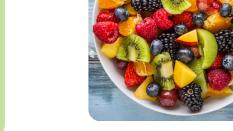
#### **INGREDIENTS**

# Rainbow Fruit Salad

- 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]

20MINS

12 SERVINGS

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This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP.

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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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