



Fruit Salad

Makes 4 servings (1/2 cup per serving)

Nutrition information
per serving:

Calories:	109
Carbohydrate:	28 g
Protein:	1 g
Total Fat:	0 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	3 mg
Dietary Fiber:	2 g

INGREDIENTS

1/2	1/2
cup sliced banana	cup grapes
1/2	1/2
cup chopped apple	cup orange juice
1/2	
cup chopped nectarines	

PREPARATION

1. In a medium bowl, mix all ingredients. Serve.

It's So Easy.

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Recipe courtesy of the California Latino 5 a Day Campaign.

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