



Let's cook something delish!

Makes: 4 Servings

Fruit Salsa

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Ingredients

- 1 c. strawberries, diced
- 1 banana, diced
- 1 kiwi fruit, diced
- 1 apple, cored and diced
- 2 T. lemon juice
- ¼ c. sugar
- ¼ t. nutmeg
- ¼ t. cinnamon

Directions

1. Combine fruits in a medium mixing bowl and add lemon juice.
2. Stir in sugar, nutmeg and cinnamon. Mix well.
3. Refrigerate until serving time.

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Calories: 120, Total Fat: 0 g, Saturated Fat: 0 g, Cholesterol: 0 mg, Sodium: 3 mg, Total Carbohydrate: 31 g, Fiber: 3 g, Total Sugars: 24 g, Protein: 1 g, Vitamin D: 0 mcg, Calcium: 19 mg, Iron: 0 mg, Potassium: 274 mg

Source: MyPlate, U.S. Department of Agriculture, <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/fruit-salsa>

Photo may include foods and ingredients that aren't a part of this recipe or included in the nutrition analysis.