



Let's cook something delish!

Summer Fruit Salad

Servings: 10

Ingredients

- 2/3 cup fresh orange juice
- 1/3 cup fresh lemon juice
- 1/3 cup packed brown sugar
- 1/2 tsp grated orange zest
- 1/2 tsp grated lemon zest
- 1 tsp vanilla extract
- 2 cups cubed fresh pineapple
- 2 cups strawberries, hulled and sliced
- 3 kiwi fruit, peeled and sliced
- 3 bananas
- 2 oranges, peeled and sectioned
- 1 cup seedless grapes
- 2 cups blueberries



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Directions

1.

Bring orange juice, lemon juice, brown sugar, orange zest, and lemon zest to a boil in a saucepan over medium-high heat. Reduce heat to medium-low, and simmer until slightly thickened, about 5 minutes. Remove from heat, and stir in vanilla extract. Set aside to cool.

2.

Layer the fruit in a large, clear glass bowl in this order: pineapple, strawberries, kiwi fruit, bananas, oranges, grapes, and blueberries. Pour the cooled sauce over the fruit. Cover and refrigerate for 3 to 4 hours before serving.

Calories: 155, Total fat: 1 g, Saturated fat: 0 g, Cholesterol: 0 mg, Sodium: 5 mg, Total Carbohydrate: 39 g, Fiber: 5 g, Protein: 2 g, Potassium: 451 mg

Source: Allrecipes

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