

Fruit Salad



Ingredients:

- 1 apple, cored and diced
- 1 banana, sliced
- 1 11 oz. can mandarin oranges, drained
- 1/4 c dried cranberries
- 1/4 c chopped walnuts or pecans
- Juice from 1/2 lemon
- 1/4 c honey*

Instructions:

1. Toss the apple and banana with juice from 1/2 lemon to prevent the fruit from turning brown.
2. Combine the fruit, dried cranberries, and nuts in a glass bowl and stir gently.
3. Drizzle honey on top and serve.

****Honey should not be fed to children under the age of 1 year.***

Makes 4 servings.



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