

## Green Fruit Salad

1 serving



- $\frac{1}{3}$  cup chopped kiwi, gently rubbed under cold running water
- $\frac{1}{3}$  cup diced honeydew, scrubbed with clean vegetable brush under running water
- $\frac{1}{3}$  cup quartered grapes, gently rubbed under cold running water

1. Wash hands with soap and water.
2. Place cut-up fruit in fun cups or bowls.
3. Store leftovers in a sealed container in the refrigerator for up to 4 days.

**Nutrition Information per Serving:** Calories 90, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 15mg, Total Carbohydrates 23g, Fiber 3g, Total Sugars 18g, includes 0g Added Sugars, Protein 1g, Vitamin D 0%, Calcium 2%, Iron %, Potassium 8%.