



Green Fruit Salad

1 Serving



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Ingredients:

- 1/3 c. kiwi, peeled and chopped
- 1/3 c. honeydew melon, diced
- 1/3 c. grapes, quartered

Directions:

1. Wash hands with soap and water.
2. Rinse produce with cool running water before peeling and chopping.
3. Mix all ingredients together and serve immediately.
4. Store leftovers in a sealed container in the refrigerator.

Options:

- Make a parfait by layering the Green Fruit Salad with 1 (6 oz.) container of low-fat yogurt of your choice. If desired, top with cereal or granola.
- Make green fruit kabobs by placing small pieces of fruit from the Green Fruit Salad on skewers. If desired, place yogurt in a small cup for dipping.

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