



## **Green Fruit Salad**

1 serving



- ⅓ cup chopped kiwi, gently rubbed under cold running water
- 1/3 cup diced honeydew, scrubbed with clean vegetable brush under running water
- 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%.

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