

Green Fruit Salad

1 serving



Ingredients

- 1/3 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

Nutrition Information (1 recipe): 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 0%, Potassium 8%

Instructions

1. Wash hands with soap and water.
2. Place cut-up fruit in cup or bowl.
3. Store leftovers in a sealed container in the refrigerator for up to four days.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP and Expanded Food & Nutrition Education Program (EFNEP). This institution is an equal opportunity provider.

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