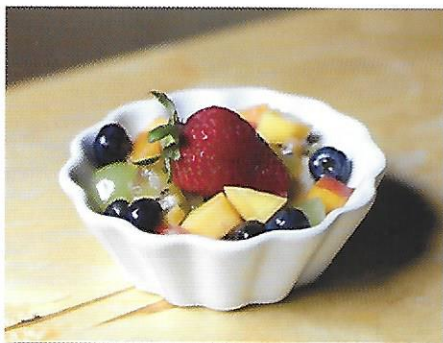


Honey Gingered Fruit Salad

Prep time: 30 minutes Makes 6 servings. 1 cup per serving.

Nutrition information per serving: Calories 124, Carbohydrate 32 g, Dietary Fiber 4 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg



Adapted from: *Souful Recipes: Building Healthy Traditions, Network for a Healthy California, 2009.*

Recipe courtesy of BOND of Color.

Ingredients

Fruit Salad

- 1 large mango, peeled and cubed
- 1 cup fresh blueberries
- 1 small banana, peeled and sliced
- 1 cup strawberries, sliced
- 1 cup seedless green grapes
- 1 cup nectarines, sliced
- 1 cup kiwifruit, peeled and sliced

Honey Ginger Sauce

- $\frac{1}{2}$ cup 100% orange juice
- 2 tablespoons lemon juice
- 1 tablespoon honey*
- $\frac{1}{8}$ teaspoon ground nutmeg
- $\frac{1}{8}$ teaspoon ground ginger

* Do not give honey to children under the age of one.

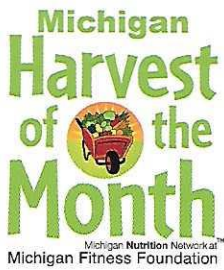
Directions

1. In a large bowl, combine fruit.
2. In a small bowl, mix all sauce ingredients until well blended.
3. Pour honey ginger sauce over fruit and toss together.
4. Refrigerate for at least 20 minutes. Serve chilled.

HGFSB



Berries



Healthy Serving Ideas

- Add berries to your cereal for added fiber and flavor.
- Top pancakes with fresh blueberries or blackberries.
- Stir your favorite berries into lowfat yogurt for a tasty snack.
- Toss berries into your favorite salad.
- Keep a bag of mixed berries in the freezer for smoothies.

Produce Tips

- Choose fresh blueberries that are plump and have a solid, dark blue color. Refrigerate for up to two weeks.
- Choose fresh raspberries that are bright and evenly colored. Refrigerate for up to three days.
- Select fresh blackberries that are dry and shiny, without any green or red colors. Refrigerate for up to three days.
- Wash berries just before serving.
- Shop for fresh berries in season to get the best value.

This material is adapted from Harvest of the Month produced by the California Department of Public Health, Network for a Healthy California and was funded in part by U.S. Department of Agriculture Supplemental Nutrition Assistance Program (SNAP) through the State of Michigan and the Michigan Fitness Foundation. These institutions are equal opportunity providers and employers. For food help contact the toll free Michigan Food Assistance Program Hotline: (855) ASK-MICH.