



Fruit Salad



Makes 4 servings

Ingredients

- ☐ 1 apple
- ☐ 1 orange (or use a can of mandarin oranges)
- ☐ ½ cup blueberries
- ☐ ½ pint of strawberries
- ☐ 1 cup frozen mango chunks
- ☐ 1 small can pineapple chunks
- ☐ 1 small banana

Optional:

Fruit Yogurt for topping

Notes:

Can use any fruit you like including watermelon, kiwi, raspberries, grapes, etc.

Directions

1. Take the frozen mango chunks and spread them flat on a plate to thaw
2. Wash and cut the apple into small pieces; add to large bowl
3. Peel and cut the orange into small pieces; (or open the can of mandarin oranges) and add to bowl
4. Rinse the blueberries, dry, and add to bowl
5. Wash the strawberries, remove hulls; slice in half and add to bowl
6. Open the can of pineapple and add the whole can including juice, to the bowl
7. Peel and slice the banana and add to the bowl
8. Add the thawed mango to the bowl
9. Gently toss all the fruit to mix well

