April 13- Fruit Salsa
Smart Snack

Recipe
Ingredients:
1 cup strawberries
1 banana
1 kiwi
1 apple
2 Tablespoons lemon juice
¼ cup sugar
¼ teaspoon nutmeg
¼ teaspoon cinnamon

Directions:
1. Combine fruits in a medium mixing bowl and add lemon juice.
2. Stir in sugar, nutmeg and cinnamon. Mix well.
3. Refrigerate until serving time.

Yield 4 servings

* Percent Daily Values are based on a 2,000 calorie diet.