



December 16- Pear Party Salsa

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/pear-party-salsa>

Recipe

Ingredients:

- 1 pear, cored and finely chopped
- 1 apple, cored and finely chopped
- 2 kiwifruit, cored and finely chopped
- 1 orange, peeled and finely chopped
- 2 tablespoons honey
- 1 teaspoon lemon juice
- Cinnamon graham crackers (optional)

Directions:

1. Combine pear, apple, kiwi, and orange in a medium-size bowl.
2. Pour honey and lemon juice over fruit and gently toss.
3. Scoop up bites of fruit salsa using bites of cinnamon graham crackers (optional).

Yield 4 servings

Nutrition Facts	
Serving Size 1/4 recipe (174.52g)	
Servings Per Container 4	
Amount Per Serving	
Calories 130	Calories from Fat 0
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 31g	10%
Dietary Fiber 4g	16%
Sugars 25g	
Protein 1g	2%
Vitamin A 2%	Vitamin C 110%
Calcium 2%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.	