



June 21- Summer Fruit Salad – Welcome to Summer!!

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=669245>

Recipe

Ingredients:

- 1 cup mixed berries
- 1 mango
- 1 nectarine
- 2 Tablespoons orange juice

Directions:

1. Chop mango and prepare remaining fruit. Add orange juice and mix until well coated.

Yield 2 servings

Nutrition Facts

Serving Size 1 cup (259.5g)

Servings Per Container 2

Amount Per Serving

Calories 140 **Calories from Fat** 5

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 32g **11%**

Dietary Fiber 4g **16%**

Sugars 21g

Protein 2g **4%**

Vitamin A 30% • Vitamin C 80%

Calcium 2% • Iron 6%

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