



March 29- Tropical Morning Treat

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/tropical-morning-treat>

Recipe

Ingredients:

- 1/4 cup orange juice
- 1 apple
- 1 orange
- 1 banana

Directions:

1. Place orange juice in bowl.
2. Wash apple and dry. Remove the seeds and dice. Coat apple surfaces with orange juice to prevent browning.
3. Peel orange and break into sections. Cut sections into small pieces.
4. Peel and slice banana into 1/4-inch circles.
5. Combine all fruit and orange juice lightly in a bowl and mix together. Chill or serve immediately.

Yield 4 servings

Nutrition Facts

Serving Size 1/2 cup (115.5g)
Servings Per Container 4

Amount Per Serving

Calories 80 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 18g 6%

Dietary Fiber 3g 11%

Sugars 12g

Protein <1g 2%

Vitamin A 2% • Vitamin C 45%

Calcium 0% • Iron 0%

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