



April 13- Fruit Salsa

Smart Snack

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

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

Nutrition Facts	
Serving Size 1/4 recipe (153.02g)	
Servings Per Container 4	
Amount Per Serving	
Calories 140	Calories from Fat 0
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 32g	11%
Dietary Fiber 3g	13%
Sugars 25g	
Protein <1g	2%
Vitamin A 0%	• Vitamin C 90%
Calcium 0%	• Iron 2%
<small>* Percent Daily Values are based on a 2,000 calorie diet.</small>	