

**Green Fruit Salad** 

1 Serving





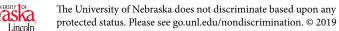
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#### Green Fruit Salad 1 Serving

## Ingredients:

• 1/3 c. kiwi, peeled and chopped

• 1/3 c. honeydew melon, diced • 1/3 c. grapes, guartered

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chopped

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1/3 c. grapes, guartered

#### Directions:

- 1. Wash hands with soap and water.
- 2. Rinse produce with cool running water before peeling and chopping.
- 3. Mix all ingredients together and serve immediately.
- 4. Store leftovers in a sealed container in the refrigerator.

#### Options:

- Make a parfait by layering the Green Fruit Salad with 1 (6 oz.) container of low-fat yogurt of your choice. If desired, top with cereal or granola.
- Make green fruit kabobs by placing small pieces of fruit from the Green Fruit Salad on skewers. If desired, place yogurt in a small cup for dipping.

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