

Fabulous Fruits

Fruit Salad

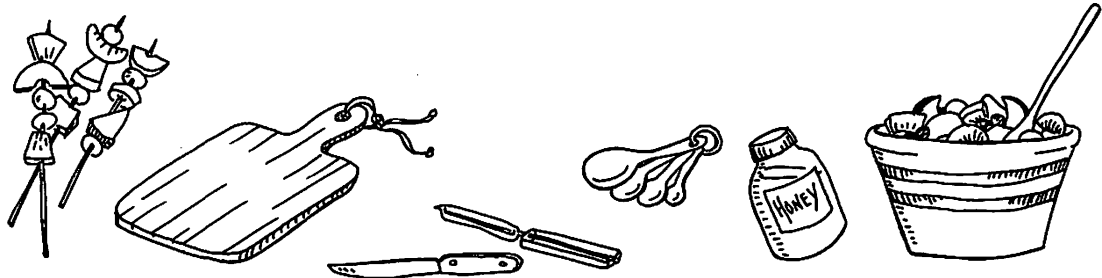
(about 10 small servings)

Ingredients:

3 apples
2 bananas
2 oranges
1-2 cups other fruits in season
(such as: apples, pears, bananas,
grapes, melons, pineapple,
nectarines, strawberries, kiwis,
oranges or tangelos)
honey

Directions:

1. Wash and dry all the fruit. Peel and core as needed. Cut into small pieces. Put all the fruit in a bowl and sprinkle with lemon juice. This keeps them from turning brown. (The brown is not bad for you – it just isn't pretty.)
2. Mix some juice from the bowl with a tablespoon of honey and stir it into the fruit.
3. *Optional:* Add three tablespoons of plain or flavored yogurt; sprinkle on some chopped almonds, raisins and/or coconut



Fruit Kabobs

Ingredients:

Assorted fruits in season (such as:
apples, pears, bananas, grapes,
melons, pineapple, nectarines,
strawberries, kiwis, oranges or
tangelos)
Lemon juice

Directions:

1. Wash and dry all the fruit; peel those that need peeling; cut rinds from melon. Core apples and pears, pit nectarines.
2. Using a cutting board, cut fruit into bite-sized chunks. Be sure the pieces are large enough so they don't fall apart.
3. Put all pieces in a bowl and toss with a bit of lemon juice. This keeps them from turning brown. (The brown is not bad for you - it just isn't pretty.)
4. Place chunks on the skewer sticks and arrange on a serving plate. Make enough for twice the number of your total group.