



Fresh Fruit Salad

- 2 Oranges, medium sized, peeled
- 1 Lemon
- 1 Apple, green
- 1 Banana
- 1 Kiwi
- ½ cup grapes
- ½ cup blackberries
- 1 teaspoon Equal (3 packets)

Cut the fruit in larger bite-sized piece

Combine all of the ingredients, in the order listed

Stir gently after each addition. Serve chilled.

Note: always start with a citrus fruit; the juice will keep fruit like apples or bananas from browning. Add the most fragile fruit, like berries, last.

Yields 8 servings.

Nutritional information:

58 calories , 15.9g total carbs, 3.7g dietary fiber, 10.5g sugars, 0.3g total fat, 0g saturated fat, 0.3g unsaturated fat, 51.2mg potassium, 0.6g protein, 0.1mg sodium.
Dietary exchanges 1 fruit.