



Presents



Fresh Fall Fruit Salad

Presented on October 4, 2014

Ingredients:

2 cups thinly sliced Granny Smith apple (about 1 large apple)

- 2 cups thinly sliced ripe pear (about 1 large pear)
- 1 cup sliced strawberries
- 1/2 cup orange sections (about 1 orange)
- 1/2 cup sliced banana (about 1 medium)
- 1/4 cup fresh lemon juice
- 1/4 cup maple syrup
- 1/8 teaspoon ground nutmeg

1/8 teaspoon ground cinnamon

Preparation

Combine first 5 ingredients in a large bowl. Drizzle with juice; toss gently.

Combine syrup, nutmeg, and cinnamon in a small saucepan. Cook over low heat 10 minutes, stirring occasionally. Spoon over fruit, and toss gently. Serve immediately.

Calories-76cal, Carbs - 19.9g, Fat - .03g, Protein - .06g, Sodium - 2mg, Sugar - 15g