



Four Fruit Salad

Ingredients:

- 1 cup grapes, seedless
- 1 cup orange segments
- 1 apple (large), cut up
- 1 pear (large), cut up

Directions:

Toss all ingredients together.

Serving Suggestions:

- Serve on lettuce line plate with scoop of low-fat cottage cheese and light dressing.
- Serve in a glass dish, top with a scoop of sherbet.
- Serve in a bowl topped with yogurt.

Nutrition Facts per Serving:

| | |
|-------------|------|
| Calories | 78 |
| Fiber | 3 g |
| Fat | 0 g |
| Sodium | 1 mg |
| Cholesterol | 0 mg |

University of Arkansas, United States Department of Agriculture, County Governments Cooperating

The Arkansas Cooperative Extension Service offers its Programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.