

# HEALTHY RECIPE

## Fresh Fruit Salad



Preparation Time = 20 minutes

Refrigerating Time = 10 minutes

Makes 6 servings

### Ingredients

6 cups assorted fresh fruit (berries, grapes, sliced mango, strawberries and/or kiwifruit)

Juice from 1 lime

3 tablespoons Tropical NESTLÉ JUICY JUICE HARVEST SURPRISE 100% Fruit & Veggie Juice

2 teaspoons finely chopped mint leaves

**COMBINE** fruit in large bowl. Add lime juice, Juicy Juice and mint; toss gently to coat. Refrigerate until ready to serve.

### Nutrition Facts

Serving Size: 1/6 of a recipe

Servings per Recipe: 6

Amount per serving

Calories 90

Calories from Fat 5

	% Daily Value
	1%
Total Fat 0.5 g	
Saturated Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Carbohydrates 24 g	8%
Dietary Fiber 4 g	15%
Sugars 17 g	
Protein 1 g	
Vitamin A	6%
Vitamin C	100%
Calcium	2%
Iron	4%

\*Percent Daily Values are based on a 2000 calorie diet