

## Fruit Salsa

*A great way to get 5 a day!*

4 servings

### Ingredients:

- 1 cup diced strawberries
- 1 banana, diced
- 1 kiwi, peeled and diced
- 1 apple, cored and diced
- 2 tablespoons lemon juice
- 1/4 cup sugar
- 1/4 teaspoon nutmeg
- 1/2 teaspoon cinnamon

### Directions:

1. Combine fruits in a medium mixing bowl and add lemon juice.
2. Stir in sugar, nutmeg and cinnamon. Mix well.
3. Refrigerate until serving time.

*Nutrition Facts: One 1 cup serving provides 120 calories, 0.5g total fat, 0mg cholesterol, 0mg sodium, 31g total carbohydrate*

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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**Kids a Cookin'**

www.kidsacookin.ksu.edu

**Chef's Choice**  
Fruit Salsa  
Cinnamon Chips

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