

Fruit Salsa

A great way to get 5 a day!



Level: Easy

Servings: 4

Kids' Tool Kit

Measuring cups
Measuring spoons
Mixing bowl
Cutting board
Knife

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:

Remember to wash your hands!

Chef's Choice

Fruit Salsa
Cinnamon Chips

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.



Helpful Hints: Lemon juice keeps fruit looking fresher and diced apples and bananas from turning brown. If you don't have lemon juice, try adding pineapple juice to the fruit in this recipe.



Safety Tips: Washing fruit with fresh, running water is important to remove dirt and germs. It's best to wash strawberries just before eating so they don't mold. Even though you peel the kiwi, it's still important to wash it before cutting.

Nutrition Facts

Serving Size 1 cup (145g)
Servings Per Container 4

Amount Per Serving	
Calories 120	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 31g	10%
Dietary Fiber 3g	14%
Sugars 26g	
Protein 1g	
Vitamin A 2%	Vitamin C 80%
Calcium 2%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
Calories: 2,000 2,500

Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.