Winter Fruit Salad

Ingredients:

2 red apples, cored and diced
2 pears, cored and diced
4 clementine oranges, peeled and segmented
3 kiwis, peeled and sliced into thin rounds, then into quarters
½ cup dried cranberries
1 cup pomegranate seeds

For the dressing:

2 tablespoons maple syrup
1 tablespoon fresh lime juice

Directions:

1. Combine all salad ingredients (except the dressing ingredients) in a large bowl.
2. In a separate small bowl, whisk together the dressing ingredients.
3. Pour the dressing over the salad and gently toss to coat.
4. Serve immediately.

Nutrition Facts

Serving Size (245g)
Servings Per Container 6

Amount Per Serving

Calories 170	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 42g	**14%**
Dietary Fiber 7g	**28%**
Sugars 31g	
Protein 1g	

Vitamin A 4% • Vitamin C 120%
Calcium 4% • Iron 6%

*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, please contact:
Benteh Nuutah
Valley Native Primary Care Center
Wellness Center
(907) 631-7630
southcentralfoundation.com

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