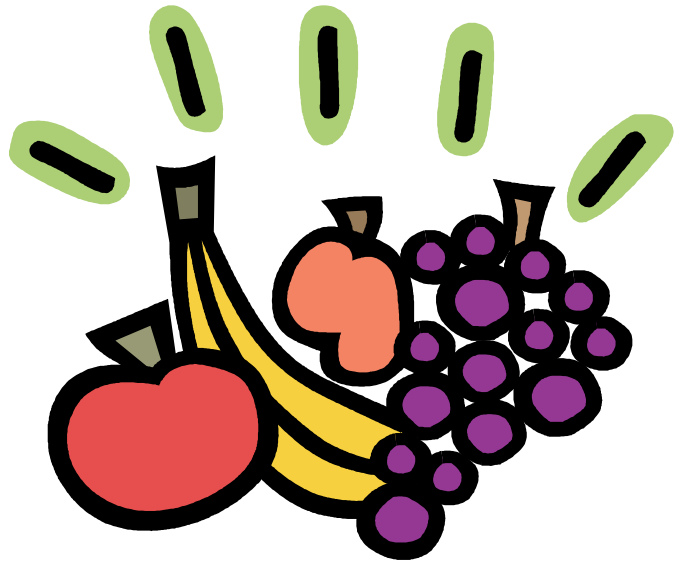


Fresh Fruit Salad

~ Recipe ~

- 1 apple—washed
- 1 banana
- 1 cup grapes—washed
- 1/4 cup pineapple juice



1. Cut and core the apple; then cut it into chunks.
2. Place the apples into a bowl and pour pineapple juice over them. Pineapple juice keeps the apples from turning brown.
3. Peel and cut the banana into circles and mix with the apples.
4. If there are small children in the house, cut the grapes in halves to prevent choking. Otherwise, save time by adding them whole to the apples and bananas.

Serves: 6 half cup servings

*If grapes are too expensive, other fruits can be used. Buy what is in season. There are so many types of fruit; it is easy to choose ones your family enjoys.