

Ingredients:

Kiwi and Berries
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2 kiwi fruits
2 cups strawberries or other berries
1 Tablespoon orange juice concentrate mixed with 1 Tablespoon water

Directions:

1. Wash hands with warm water and soap. Wash fresh fruits before preparing.
2. Peel kiwi fruits and slice in thin rounds.
3. Arrange on a small plate.
4. Remove the green stems from strawberries.
5. Slice the strawberries over the kiwi fruit.
6. Drizzle orange juice over kiwi fruits and berries.

Nutrition Facts (Per Serving)

calories, 66; carbohydrate, 15 g; protein, 1 g; total fat, 1 g; saturated fat, 0 g; trans fat, 0 g; cholesterol, 0 mg; fiber, 3 g; total sugars, 10 g; sodium, 1 mg; calcium, 28 mg; folate, 31 mcg; iron, 1 mg; percent of calories from fat, 14%.

Makes 4 servings.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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