



Photo by: Photo: Jan Smith

Fresh Fruit Salad with Nutmeg-Cinnamon Syrup

Substitute your favorite apple for Granny Smith, if desired.

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Yield: 8 servings (serving size: 1/2 cup)

Ingredients

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|---|------------------------------|
| 2 cups thinly sliced Granny Smith apple (about 1 large apple) | 1/4 cup fresh lemon juice |
| 2 cups thinly sliced ripe pear (about 1 large pear) | 1/4 cup maple syrup |
| 1 cup sliced strawberries | 1/8 teaspoon ground nutmeg |
| 1/2 cup orange sections (about 1 orange) | 1/8 teaspoon ground cinnamon |
| 1/2 cup sliced banana (about 1 medium) | |

Preparation

Combine first 5 ingredients in a large bowl. Drizzle with juice; toss gently.

Combine syrup, nutmeg, and cinnamon in a small saucepan. Cook over low heat 10 minutes, stirring occasionally. Spoon over fruit, and toss gently. Serve immediately.

Nutritional Information

Amount per serving

Calories: 76 Calories from fat: 2% Fat: 0.2g Saturated fat: 0.0g Monounsaturated fat: 0.0g Polyunsaturated fat: 0.1g
Protein: 0.6g Carbohydrate: 19.9g Fiber: 2.3g Cholesterol: 0.0mg Iron: 0.4mg Sodium: 2mg Calcium: 19mg

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