








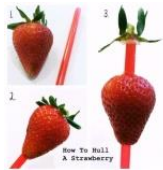

















**FRUIT SALSA** (page 1)

STEP	INGREDIENTS	PROCEDURES
<b>1</b>	 <p><b>1 cup strawberries</b></p>  <p><b>1 kiwi</b></p>  <p><b>1 banana</b></p>  <p><b>1 mango</b></p>  <p><b>1 straw</b></p>  <p><b>Spoon</b></p>  <p><b>Cutting board &amp; paring knife</b></p>  <p><b>Food chopper</b></p>  <p><b>Large bowl</b></p>	<p><b>Remove core of strawberry using a straw.</b></p>  <p><b>Cut kiwi in half and spoon out fruit with a spoon.</b></p>  <p><b>Slice banana.</b></p>  <p><b>Half and core mango.</b></p>  <p><b>Chop fruit with food chopper &amp; place in bowl.</b></p> 

# FRUIT SALSA (page 2)

STEP	INGREDIENTS	PROCEDURES
<p><b>2</b></p>	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; align-items: center; margin-bottom: 10px;">  <div style="margin-left: 10px;"> <p><b>1/4 cup sugar</b></p> </div>  </div> <div style="display: flex; align-items: center; margin-bottom: 10px;">  <div style="margin-left: 10px;"> <p><b>1/4 teaspoon nutmeg</b></p> </div>  </div> <div style="display: flex; align-items: center; margin-bottom: 10px;">  <div style="margin-left: 10px;"> <p><b>2 tablespoons lemon juice</b></p> </div>  </div> <div style="display: flex; align-items: center; margin-bottom: 10px;">  <div style="margin-left: 10px;"> <p><b>1/2 teaspoon cinnamon</b></p> </div>  </div> <div style="display: flex; align-items: center; margin-bottom: 10px;">  <div style="margin-left: 10px;"> <p><b>Chopped fruit</b></p> </div> </div> <div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p><b>Mixing spoon</b></p> </div> </div> </div>	<p><b>Stir sugar, cinnamon, lemon juice and nutmeg into bowl of fruit. Refrigerate. Serve with cinnamon crisps.</b></p> <div style="text-align: center; margin-top: 20px;">  </div>

# Nutrition Facts

4 servings per container

Serving size 1/4 of recipe

Amount per serving

**Calories 150**

% Daily Value\*

**Total Fat** 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 38g 14%

Dietary Fiber 4g 14%

Total Sugars 31g

Includes 13g Added Sugars 26%

**Protein** 2g

Vitamin D 0mcg 0%

Calcium 28mg 2%

Iron 0mg 0%

Potassium 374mg 8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.