



Fruit Salad

Serves eight

2 cups peeled, seeded and diced papaya

1 large mango - peeled and diced

3 small tangerines - segmented, seeded and halved

2 bananas - sliced

1 green apple - cored and chopped

1 red apple - cored and chopped

3 large tangerines - juiced.

Place the papaya, mango and tangerines in a bowl. Add the tangerine juice. Add the banana and apples and toss to coat well with the juice. You need citrus, passion fruit or pineapple juice to keep the banana and apples from oxidizing. If you want you can sweeten the juice. Serve and enjoy!

You can make this with melon, watermelon, oranges, kiwi, peaches, pineapple, pears, berries or anything you want!

CALORIES 120.20; FAT 0.61 grs (sat 0.11; mono 0.11; poly 0.11); 1.33 grs ; FIBER 3.04 grs; CARBS 29.80 grs; CHOLESTEROL 0.00 mg; IRON 0.4 mg; SODIUM 5.48 mg; CALCIUM 36.01 mg