

Fruit Salad

Prep Time: 25 minutes | Cook Time: 5 minutes | Ready In: 3 hours 30 minutes

Serving Size: 1 Cup; Serving; Calories 50; Total Fat .33g; Saturated Fat .03g; Cholesterol 0mg; Sodium 7.5mg; Total Carbohydrate 12g; Dietary Fiber 2.25g; Protein 1g; Sugars 8.5g

Equipment Needed:

- Zester
- Juicer (optional)

Ingredients:

- 2/3 cup fresh or store-bought orange juice
- 1/3 cup fresh or store-bought lemon juice
- 1/3 cup packed brown sugar
- 1/2 teaspoon grated orange zest
- 1/2 teaspoon grated lemon zest
- 1 teaspoon vanilla extract
- 2 cups cubed fresh pineapple
- 2 cups strawberries, hulled and sliced
- 3 kiwi fruit, peeled and sliced
- 3 bananas, sliced



- 2 oranges, peeled and sectioned or 1 can mandarin oranges
- 1 cup seedless grapes
- 2 cups blueberries

Instructions:



1. Bring orange juice, lemon juice, brown sugar, orange zest and lemon zest to a boil in a saucepan over medium-high heat. Reduce heat to medium-low and simmer until slightly thickened, about 5 minutes.



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Instructions Continued:



2. Remove from heat and stir in vanilla extract. Set aside to cool.



3. Layer the fruit in a large, clear glass bowl in this order: pineapple, strawberries, kiwi fruit, bananas, oranges, grapes and blueberries.



4. Pour the cooled sauce over the fruit.



5. Cover and refrigerate for 3 to 4 hours before serving.

*Notes:

*This recipe is very versatile. Choose fruit you enjoy and that is available in your area. Fresh or canned fruit may be used. What makes this recipe unique is the sauce used with the fruit. It can be used on whatever fruit your family enjoys.

*The recipe also makes a large quantity. Make the amount that works for your family



Grab the family, take a photo of your dish, and share your culinary masterpiece on social media with [#FoodFun4H](#)

