



FLIPANY
The Ingredient to a Healthy Life

Fruit Salsa



FRUIT SALSA

Prep Time: 15 minutes

Cook Time: 0 minutes

Yields: 5 servings

Serving Size: 1 cup

INGREDIENTS

- 2 Granny Smith Apples, peeled & chopped
- 1 Lemon, zested & squeezed
- 1 cup Kiwi (or melon), finely diced
- 1 lb Strawberries (or raspberries), chopped
- 4 tbsp Raspberry or strawberry preserves

DIRECTIONS

1. Place chopped apples in a bowl.
2. Squeeze 2 teaspoons of lemon juice over apples and mix well to combine.
3. Add strawberries, kiwi & lemon zest.
4. Gently combine all ingredients.
5. Serve and enjoy!

Chef's Corner

Enjoy fruit salsa atop a whole grain rice cake, yogurt, or scoop with a crisp cinnamon pumpkin tortilla chip.



FLIPANY.

The Ingredient to a Healthy Life

FLIPANY's mission is to educate and empower youth and adults through nutrition and physical activity programs while influencing policy changes for healthier communities.

www.FLIPANY.org

