

A vibrant, close-up photograph of a rainbow fruit salad. The salad is composed of various fresh fruits including blueberries, strawberries, raspberries, and chunks of yellow and orange fruits like mango and pineapple. Fresh green basil leaves are scattered throughout. A light-colored dressing is being poured from a white pitcher into the center of the fruit. The background is softly blurred, focusing attention on the textures and colors of the ingredients.

FLIPANY
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Rainbow Fruit Salad

RAINBOW FRUIT SALAD

Prep Time: 15 minutes

Cook Time: 0 minutes

Yields: 14 servings

Serving Size: ½ cups

INGREDIENTS

- 1 cup strawberries, sliced
- ½ cup pineapple, chopped
- 2 kiwis, sliced
- 1 cup blueberries
- 2 bananas, sliced
- 1 can peaches or mandarin oranges, in 100% fruit juice or water
- 1 cup baby spinach or baby kale, chiffonade cut (ribbon cut or ripped to size of confetti)

DIRECTIONS

1. In a large bowl, gently toss all the fruit with the jar of peaches or mandarin oranges in their juice.
2. Add the spinach to the fruit mixture.
3. Toss gently to thoroughly combine all ingredients.
4. Place your delicious fruit salad in a serving bowl and enjoy.

Chef's Corner

- Try this salad with low fat Greek yogurt or granola
- This salad is delicious when topped with FLIPANY's Honey Yogurt topping recipe.



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

