Fruit Salsa
A great way to get 5 a day!

Level: Easy
Servings: 4

Ingredients:
- 1 cup diced strawberries
- 1 banana, diced
- 1 kiwi, peeled and diced
- 1 apple, cored and diced
- 2 tablespoons lemon juice
- ¼ cup sugar
- ¼ teaspoon nutmeg
- ½ teaspoon cinnamon

Directions:
Remember to wash your hands!

1. Combine fruits in a medium mixing bowl and add lemon juice.
2. Stir in sugar, nutmeg and cinnamon. Mix well.
3. Refrigerate until serving time.

Helpful Hints: Lemon juice keeps fruit looking fresher and diced apples and bananas from turning brown. If you don’t have lemon juice, try adding pineapple juice to the fruit in this recipe.

Safety Tips: Washing fruit with fresh, running water is important to remove dirt and germs. It’s best to wash strawberries just before eating so they don’t mold. Even though you peel the kiwi, it’s still important to wash it before cutting.

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.