

# Tropical Morning Treat

Makes 4 servings

## Ingredients

- 2 Tablespoons orange juice
- 1 apple
- 1 orange
- 1 banana



## Directions

1. Place orange juice in bowl.
2. Wash apple and dry. Remove the seeds and dice. Coat apple pieces with orange juice to prevent browning.
3. Peel orange and break into sections. Cut sections into small pieces.
4. Peel and slice banana into ¼-inch circles.
5. Toss all fruit and orange juice lightly. Chill or serve immediately.

## Nutrition Facts

Serving Size 1/2 cup (115.5g)  
Servings Per Container 4

### Amount Per Serving

**Calories** 80      **Calories from Fat** 0

% Daily Value\*

**Total Fat** 0g      0%

**Saturated Fat** 0g      0%

**Trans Fat**

**Cholesterol** 0mg      0%

**Sodium** 0mg      0%

**Total Carbohydrate** 18g      6%

**Dietary Fiber** 3g      11%

**Sugars** 12g

**Protein** <1g      2%

Vitamin A 2%      •      Vitamin C 45%

Calcium 0%      •      Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.

