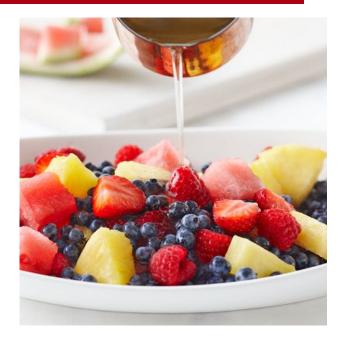


Fruit Salad with Balsamic Glaze

Ingredients:

2 oranges cut into slices 15 green grapes 15 red grapes 2 apples 2 pears 2 cups strawberries cut into large pieces **Glaze** ¹/₂ cup balsamic 1 tbsp. honey

Servings Per	r Contair	227g) 1er 6	
Amount Per Sei	rving		
Calories 120) C	alories fro	m Fat 5
		% Da	ily Value*
Total Fat 0g			0 %
Saturated		0%	
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 5mg	g		0%
Total Carbo	hydrate	32g	11%
Dietary Fiber 5g			20%
Sugars 24	- lg		
Protein 1g	-		
Ĵ			
Vitamin A 2%	6•	Vitamin C	00%
Calcium 4%	•	Iron 2%	
*Percent Daily V diet. Your daily v depending on yo	alues may l	be higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per grar		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g







Directions:

- 1. Cut up fruit into bite size pieces and arrange in a large bowl.
- 2. To prepare glaze: In a saucepan, combine balsamic vinegar and honey. Cook over low heat until it thickens and becomes like syrup. Cool to room temperature.
- 3. Just before serving, lightly drizzle the glaze over fruit, garnish with fresh mint and serve.

For more information contact The Living Whole Employee Wellness Program at (909) 651-4007 or email livingwhole@llu.edu.