

Persimmon Apple Delight



Makes 35 servings
*2 Tbsp. of apples and
persimmons per serving*

INGREDIENTS

- 8 Fuyu persimmons
- 2 Granny Smith apples
- 1 lemon
- 2 Tbsp. of honey

PREPARATION

1. Rinse apples, persimmons, and lemons.
2. Core and dice the persimmons and apples and place in a bowl.
3. Cut the lemon in half and squeeze the juice into a small container.
4. Add the honey to the lemon juice and mix thoroughly with whisk.
5. Pour the lemon-honey dressing over the fruit until well-coated.
6. Place 2 Tbsp. of fruit salad on a paper plate.
7. Serve immediately.

Nutrition information per serving: Calories 100, Total Fat 0g, Saturated Fat 0g, Trans Fat 0 g, Cholesterol 3mg, Sodium 95mg, Carbohydrates 21g, Dietary Fiber 3g, Sugar 3g, Protein 3g



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