Honey Bee Fruit Salad

Ingredients:
- 3 medium oranges, peeled and cut into pieces
- 2 bananas, peeled and sliced
- 1 pint berries (strawberries, raspberries, etc.)
- 1/2 c. orange juice
- 1/4 c. honey
- 2 Tbsp. lemon juice

Directions:
- Wash and prepare the fruit and place in a bowl. Heat the orange juice, honey and lemon juice in a small saucepan. Allow orange juice mixture to cool, then pour over fruit. If desired, sprinkle with 1/3 c. flaked coconut.

Makes 8 servings. Per serving: 110 calories, 0 grams (g) fat, 30 g carbohydrate and 3 g fiber.
Recipe courtesy of Utah State University Extension.