

Breakfast Fruit Bowl

Ingredients:

- 3 Tbsp. frozen orange juice concentrate
- 2 medium apples, washed and diced with peel
- 1 orange, peeled and diced
- 1 banana, peeled and sliced
- Optional fruits: ½ c. grapes; 1 c. diced cantaloupe, watermelon or other fruit in season

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“Now Serving: Breakfast!”
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Directions:

- Place orange juice in medium bowl. As fruits are prepared, add to bowl and toss lightly to cover with orange juice. Chill or serve immediately.

Makes four servings. Per serving: 96 calories, 0.4 grams (g) fat, 25 g carbohydrate.

NDSU EXTENSION
SERVICE