

# SUMMER FRUIT SALAD

Yield: 10 Servings (1 cup per serving)



**TOTAL TIME:** 3 hours 30 minutes

## INGREDIENTS

- $\frac{2}{3}$  cup fresh orange juice
- $\frac{1}{3}$  cup fresh lemon juice
- $\frac{1}{3}$  cup packed brown sugar
- $\frac{1}{2}$  tsp. grated orange zest
- $\frac{1}{2}$  tsp. grated lemon zest
- 1 tsp. vanilla extract
- 2 cups fresh pineapple (cubed)
- 2 cups strawberries (sliced)
- 3 kiwis (peeled and sliced)
- 3 bananas (sliced)
- 2 oranges (peeled and sectioned)
- 1 cup seedless grapes
- 2 cups blueberries

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## PREPARATION

1. Bring orange juice, lemon juice, brown sugar, orange zest and lemon zest to a boil in a saucepan over medium-high heat. Reduce heat to medium-low, and simmer until slightly thickened, about 5 minutes. Remove from heat, and stir in vanilla extract. Set aside to cool.
2. Layer the fruit in a large, clear glass bowl in this order: pineapple, strawberries, kiwi fruit, bananas, oranges, grapes and blueberries. Pour the cooled sauce over the fruit. Cover and refrigerate for 3–4 hours before serving.

## NUTRITION

**Per serving:** Calories: 155; Fat: .6 g; Cholesterol: 0 mg; Carbohydrates: 39 g; Protein: 1.8 g; Fiber: 4.5 g; Sodium: 5 mg.

Recipe courtesy of [allrecipes.com](http://allrecipes.com)