Pear Party Salsa

Prep time: 10 minutes

Makes: 4 Servings

Ingredients

1 pear, cored and finely chopped
1 apple, cored and finely chopped
2 kiwifruit, cored and finely chopped
1 orange, peeled and finely chopped
2 tablespoons honey
1 teaspoon lemon juice
cinnamon graham crackers (optional)

Directions

1. Combine pear, apple, kiwi, and orange in a medium-size bowl.

2. Pour honey and lemon juice over fruit and gently toss.

3. Scoop up bites of fruit salsa using bites of cinnamon graham crackers (optional).

Notes

Other materials needed:

- paring knife
- measuring spoons
- cutting board
- fruit peeler
- slotted spoon
- medium-sized bowl

USA Pears. Pear Bureau Northwest.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	113	
Total Fat	0 g	0%
Protein	1 g	
Carbohydrates	29 g	10%
Dietary Fiber	4 g	16%
Saturated Fat	0 g	0%
Sodium	3 mg	0%

MyPlate Food Groups	
Fruits	1 cup