

# Honey Vanilla Fruit Salad

Serves 10

## INGREDIENTS

- 1 pineapple, peeled, cored and chopped
- 16 oz. strawberries , stemmed and quartered
- 12 oz. blueberries
- 4 kiwi, peeled and sliced
- 1 23.5 oz. container mandarin oranges in juice
- 1/4 cup honey
- 2 teaspoons vanilla extract



## DIRECTIONS

1. In a large bowl, add the pineapple, strawberries, blueberries, and kiwi.
2. Drain the juice from the mandarin oranges into a separate bowl. Add the orange segments to the large bowl with the fruit.
3. In a medium bowl, add 3 tablespoons of the mandarin juice with the honey and vanilla. Whisk to combine.
4. Pour the honey vanilla sauce over the fruit. Gently stir until the fruit is well coated.

## NUTRITION INFORMATION PER 1/10 RECIPE SERVING

**SOURCE:** <https://www.thewholesomedish.com/honey-vanilla-fruit-salad/>

Calories: 168, Total Fat: 0.6g, Saturated Fat: 0.1g, Cholesterol: 0mg, Sodium: 12mg, Carbohydrate 43g, Fiber: 5g, Total Sugar: 34g, Added Sugar: 6.9g, Protein: 2g



**Health Plus:** Advancing healthy lifestyle practices.