


Fantastic Fruit Salad

1 banana chopped
1 apple sliced
1 orange sliced



There's more than just
apples, oranges, and
bananas – Mix and
Match for your
Fantastic Fruit Salad!

We all know how to make a fruit salad, but sometimes we just forget, or don't think about all the variations we can do. So here are some wonderful combinations you can play with to make your own unique and fantastic fruit salad! Add any of these: strawberries, raspberries, mango, kiwi, pineapple, peaches, pears, starfruit, grapes, clementines, grapefruit, blueberries. Mix and Match to find your fantastic fruit salad.

Sprinkle with: sesame seeds, lemon juice and agave syrup, pecans, walnuts, flaked coconut (unsweetened), dried cranberries, dried cherries, almonds, sunflower seeds.

Low Glycemic, Live Food

Holly Stokes, "The Brain Trainer," Wellness Coach:
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