

# Splendid Fruit Salad

## Ingredients

Makes 4 servings

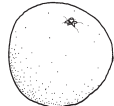
3 Tablespoons frozen orange juice concentrate



2 apples, medium size



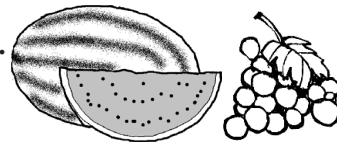
1 orange

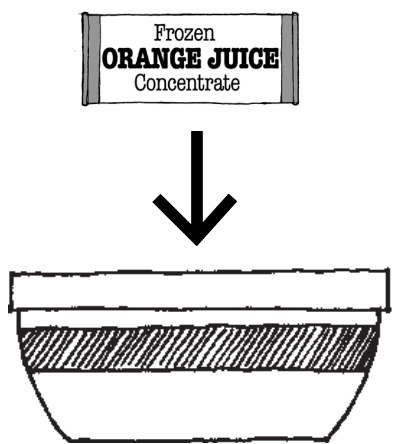
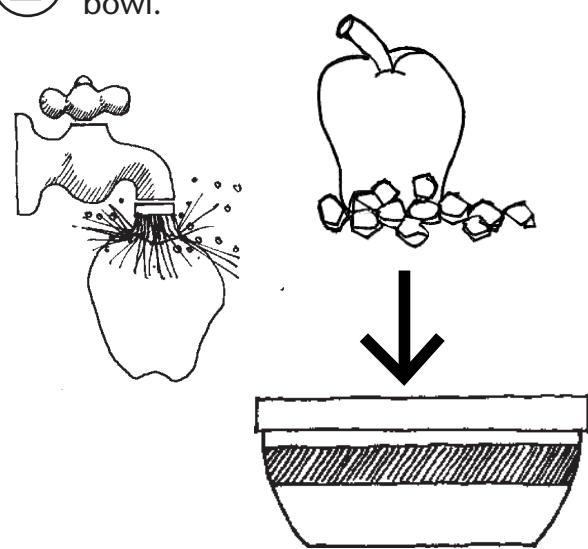


1 banana



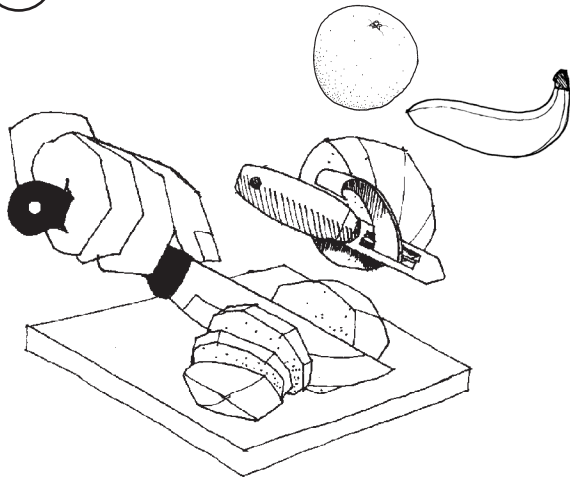
Optional: Other fruits such as watermelons, grapes...



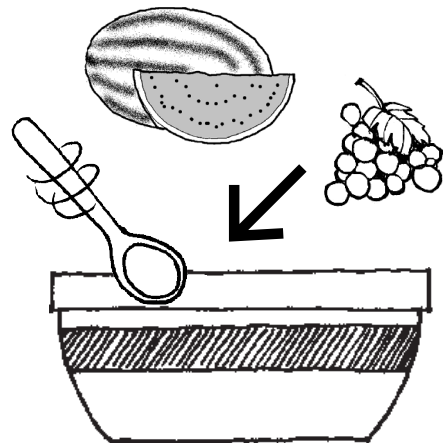
|   |   |
|---|---|
| <p><b>1</b> Measure orange juice concentrate into a bowl.</p>  | <p><b>2</b> Wash and dice apples and place in bowl.</p>  |
|---|---|

# Splendid Fruit Salad

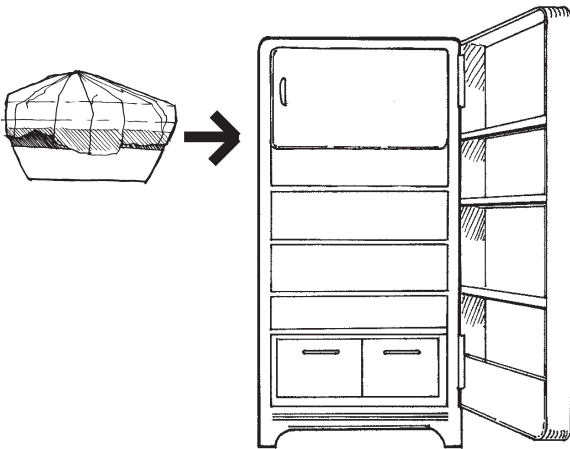
**3** Peel and slice orange, banana and other fruits.



**4** Mix the pieces of fruit with the juice in the bowl and serve.



**5** Store leftovers in refrigerator within 2 hours.



**Splendid Fruit Salad gives us:**

**VITAMIN A** Keeps skin and eyes healthy.

**VITAMIN C** Keeps gums and blood vessels healthy.

**Fiber** Prevents constipation.

# Ensalada de Fruta Espléndida

## Ingredientes

Para 4 porciones

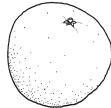
3 cucharadas de **jugo congelado de naranja**



2 manzanas medianas



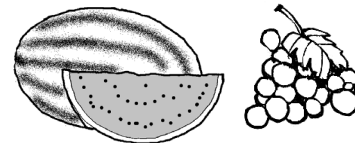
1 naranja



1 banana



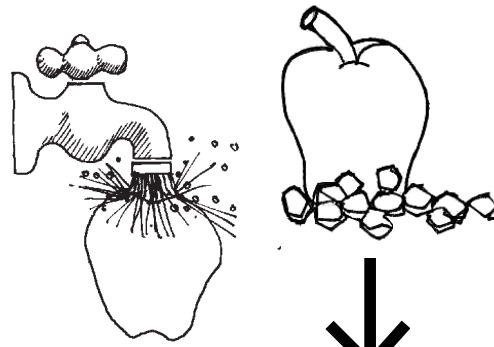
Opcional: Otras frutas como sandía, melón, uvas...



**1** Coloque el jugo congelado en un tazón o vasija.

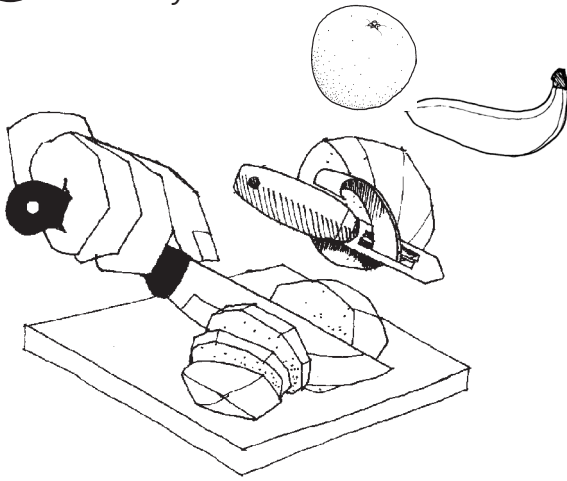


**2** Lave y corte en pedacitos las manzanas y colóquelos en el tazón.

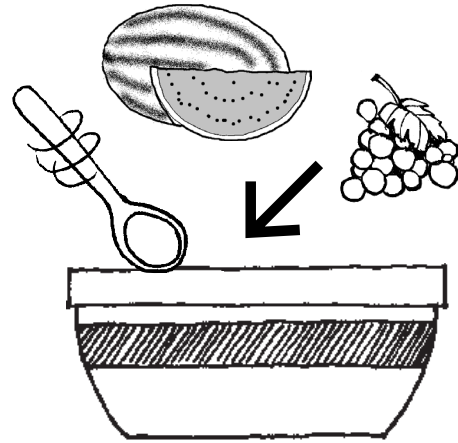


# Ensalada de Fruta Espléndida

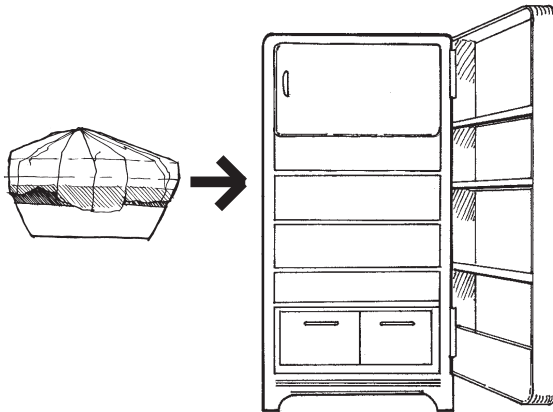
**3** Pele y corte en tajadas la naranja, la banana y las demás frutas.



**4** Mezcle las frutas y el jugo en el tazón y sirva.



**5** Guarde lo que no se coma en el refrigerador dentro de 2 horas.



Ensalada de Fruta Espléndida nos da:

**VITAMINA A** Mantiene la piel y los ojos sanos.

**VITAMINA C** Mantiene sanas las encías y las venas.

**Fibra** Previene el estreñimiento.