

# WINTER FRUIT SALAD

## PLAN IT!

Plan your meals ahead of time to save time and money.

Food I already have in my pantry to prepare this recipe:

---

---

---

---

---

---

---

---

Food I need to purchase to prepare this recipe:

---

---

---

---

---

---

---

---

## TIPS

- Chill fruit before preparing. Best served cold.
- Wash your fruit carefully
- You can use other seasonal fruit (pear, pomegranate, etc.)

## PREPARE IT!

Serves: 4      Prep. Time: 10 min

### Ingredients

- 1 large honeycrisp apple
- 1 large Granny Smith apple
- 2 medium oranges
- 1/4 tsp orange zest (optional)
- 2 large lemons, juiced
- 3/4 tsp cinnamon
- 2 Tbsp honey
- 1/2 - 3/4 cup raw walnuts
- 2-3 tsp cold pressed flax oil

### Instructions

1. Dice your apples, add to a large mixing bowl. Add in the lemon juice.
2. Peel and slice up your orange. Add orange and a bit of grated orange zest (optional) to the bowl.
3. Add in the cinnamon, honey, and walnuts. Toss everything very well.
4. Add in the flax oil one teaspoon at a time - tossing AND tasting after each addition. You do not want to overwhelm the fruit with flax, so taste as you go.

## ENJOY IT!

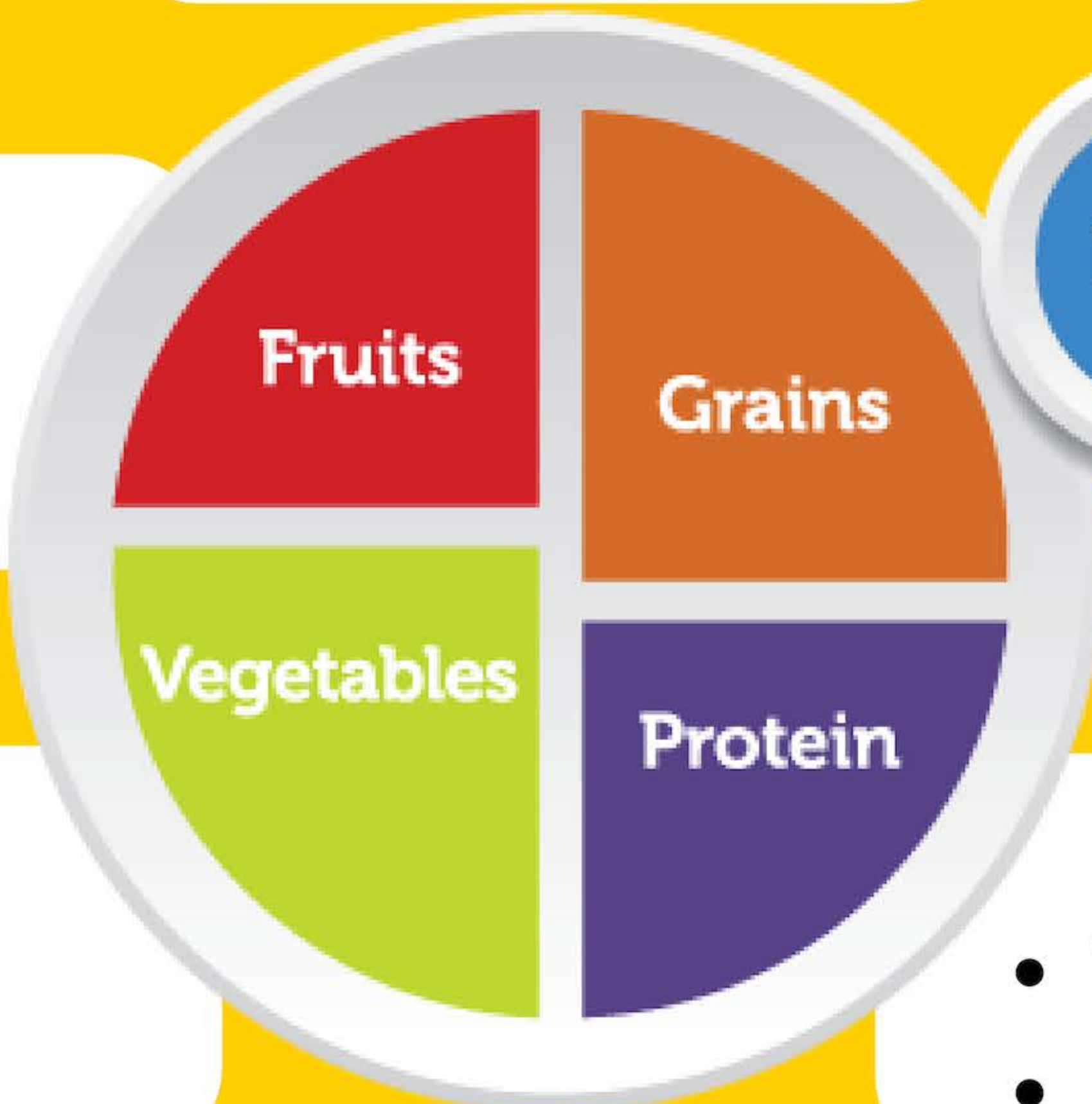
Use MyPlate to complete your meal. Fill in the blanks with foods of your choice.

### Fruits

- Fruit salad
- \_\_\_\_\_

### Vegetables

- Roasted chickpeas
- \_\_\_\_\_



### Dairy

### Dairy

- Cottage cheese
- \_\_\_\_\_

### Grains

- Popcorn
- \_\_\_\_\_

### Protein

- Walnuts
- \_\_\_\_\_