



## Winter Fresh Fruit Salad

### Ingredients

5 peeled and segmented Clementine oranges  
2 sliced pears  
2 sliced apples (suggest granny smith, red ida or gala)  
1 seeded pomegranate  
4 peeled and sliced kiwi  
4T lemon or lime juice

### Directions

1. In a large mixing bowl combine all prepared fruit - 5 segmented clementines, 2 sliced pears, 2 sliced apples, pomegranate seeds, and 4 sliced kiwis.
2. Add lemon or lime juice to the bowl and toss to coat.
3. Serve right away or cover and refrigerate if serving later.

### Yields – 8 servings

Calories: 98

Protein: 1 g

Carb: 25 g

Fat: 0 g

Sodium: 3 mg

Fiber: 4 g

The winter months are long and cold and this delicious fruit salad is sure to brighten up your day and help get you through to the warm summer days!

Pomegranate can be difficult to work with if you have never used it before. You can purchase pomegranate pre-seeded in most grocers in the produce or freezer section. Alternatively, you can substitute with fresh or dried cherries or cranberries.

To remove the seeds (arils) from the pomegranate, begin by cutting off the top of the fruit to expose the segments. Score the pomegranate along the outside where the segments are, this will make it easy to remove the wedges. Add wedges to a bowl of cool water and break apart with your hands. The arils will sink to the bottom and the peel will float on the top, making it easy to discard the waste. Drain the water and enjoy your pomegranate arils!