

Spicy Fruit Cup

Makes: 8 servings

Ingredients

- 2 cups** strawberries (fresh)
- 1 can** mandarin orange sections (16 ounce)
- 1 can** pear (16 ounce)
- 2 cups** pineapple chunks, in its own juice (16 ounce can)
- 1 cup** juice, orange
- 1/4 teaspoon** cinnamon (ground)
- 1/4 teaspoon** nutmeg (ground)

Directions

1. Cut the strawberries in half.
2. Open the can of mandarin oranges. Drain off the syrup.
3. Open the can of pears. Drain off the juice. Slice the pears.
4. Open the can of pineapple, but don't drain off the juice.
5. Put the undrained pineapple, orange juice, cinnamon, and nutmeg in a mixing bowl. Stir together.
6. Carefully stir in the mandarin oranges, pears, and strawberries.
7. Refrigerate for 1 to 4 hours before serving.

Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Nutrition Information

Nutrients	Amount
Calories	110
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	5 mg
Total Carbohydrate	28 g
Dietary Fiber	2 g
Total Sugars	24 g
Added Sugars included	N/A
Protein	1 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available