

Tropical Fruit Salad

Cool and refreshing, this salad can be made with a variety of fruits. Use whatever is in season. Makes 4 servings.

1/2 cup fresh strawberries, cut in half

1/2 cup melon balls

1/2 cup canned pineapple chunks (unsweetened)

1/2 cup grapes, cut in half

1/2 cup orange juice (unsweetened)

1 teaspoon rum extract

1 teaspoon coconut extract

2 teaspoons honey

Combine all ingredients in a bowl. Mix well. Chill several hours to blend flavors, stirring occasionally.

Nutrition Information per serving: Calories 76, Fat 0 g, Cholesterol 0 mg, Sodium 3 mg, Carbohydrate 18 g, Protein 1 g

Recipe compiled from Lean and Luscious Volume II, (1988), Bobbie Hinman and Millie Snyder (Prima Publishing & Communications, P.O. Box 1260MLL, Rocklin, CA 95677, 461pp., \$13.95 softcover)