

# Tropical Fruit Salad

**IOWA**  
Student Wellness

## Ingredients

1 mango, sliced  
2 bananas, sliced  
2 kiwi, sliced  
2 cups strawberries  
3 tablespoons orange juice  
1 tablespoon lemon juice



## Directions

1. Mix the mango, banana, kiwi, and strawberries.  
Stir in the orange and lemon juice.

*Makes 4 servings*

*Nutrition information per serving:  
Calories 86, Fat < 1 g, Protein 1 g,  
Carbohydrates 22 g, Cholesterol 0  
mg, Sodium 3 mg*