

## Ingredients:

- 2 kiwi fruits
- 2 cups strawberries or other berries
- 1 Tablespoon orange juice concentrate mixed with 1 Tablespoon water

Kiwi and Berries  
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## Directions:

1. Wash hands with warm water and soap. Wash fresh fruits before preparing.
2. Peel kiwi fruits and slice in thin rounds.
3. Arrange on a small plate.
4. Remove the green stems from strawberries.
5. Slice the strawberries over the kiwi fruit.
6. Drizzle orange juice over kiwi fruits and berries.

## Nutrition Facts (Per Serving)

calories, 66; carbohydrate, 15 g; protein, 1 g; total fat, 1 g; saturated fat, 0 g; trans fat, 0 g; cholesterol, 0 mg; fiber, 3 g; total sugars, 10 g; sodium, 1 mg; calcium, 28 mg; folate, 31 mcg; iron, 1 mg; percent of calories from fat, 14%.

Makes 4 servings.

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The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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