



Ginormous Fruit Salad Surprise



1/2 of recipe, about 3 cups: 169 calories, 1g total fat (0g sat. fat), 95mg sodium, 41.5g carbs, 7g fiber, 29.5g sugars, 2g protein

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Prep: 15 minutes

Chill: 1 hour or more



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Ingredients

1/4 cup freshly squeezed orange juice
1 tsp. seasoned rice vinegar
1 tsp. granulated sugar
2 cups peeled and diced cucumber
1 cup blueberries
1 cup diced strawberries
1 large Fuji apple, chopped
Optional garnish: fresh mint

Directions

In a small bowl, combine orange juice, vinegar, and sugar. Stir until blended and set aside.

Place cucumber, blueberries, strawberries, and apple in a large bowl. Top with the orange juice mixture and stir gently to coat.

Cover and refrigerate for at least 1 hour (overnight is best). Stir gently just before serving. Garnish with mint, if using. Enjoy!!!

MAKES 2 SERVINGS

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