



Spiced Fall Fruit Salad



1/4 of recipe (about 1 cup): 100 calories, 0.5g total fat (0g sat. fat), 3mg sodium, 26g carbs, 2.5g fiber, 21.5g sugars, 1g protein

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Prep: 10 minutes
Chill: 1 hour (optional)



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Ingredients

3 tbsp. orange juice
1 1/2 tsp. honey
1/2 tsp. cinnamon
1 dash nutmeg
1 1/2 cups red seedless grapes, halved
1 1/2 cups seedless mandarin orange segments
1 cup chopped Fuji apple
1/3 cup pomegranate arils

Directions

In a large bowl, combine orange juice, honey, cinnamon, and nutmeg. Mix until uniform.

Add remaining ingredients, and gently stir to coat.

For even more flavor, cover and let marinate in the fridge for 1 hour.

MAKES 4 SERVINGS

HG Tip: To save time, you can buy pomegranate arils ready to go in the refrigerated produce section.

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