
FRUIT SALAD

- 2 cups frozen strawberries
 - 1 cup frozen blueberries
 - 1 cup frozen mango chunks
 - 2 medium bananas
 - 2 kiwis
 - 1 (15 oz.) can pineapple chunks in juice
 - 1 Tablespoon honey
-

1. Thaw frozen fruit in the refrigerator until no longer hard, but still cool to the touch.
2. Peel and slice bananas and kiwis.
3. Drain canned pineapple, reserving juice.
4. In a large bowl, add fruit and mix.
5. In a small pot over medium heat, add reserved pineapple juice and honey. Stir. Heat until honey melts into juice to form a sauce, about 5 minutes. Allow sauce to cool for 5-10 minutes.
6. Pour sauce over fruit salad. Mix to coat fruit.

Serves 6, 1 cup per serving.

Adapted from *Cooking Matters for Kids*.

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