

# Citrus Sunrise Fruit Salad

*San Antonio ISD Child Nutrition Services*



## Directions

1. Rinse the Orange, Apple and Pear with cold water.
2. Open the Pineapple can and drain the juice out into a bowl.
3. If using a Fresh Orange, cut in half and squeeze the juice out into a separate bowl.
4. Dice the apple and pear into  $\frac{1}{4}$ " or  $\frac{1}{2}$ " cubes.
5. In a bowl, combine the apple, pear, pineapple chunks and orange juice.
6. If you want it sweeter, add some of the Pineapple Juice saved from step 2.

**Makes—4 Servings**

## Ingredients:

Pineapple Chunks—1 20 oz Can  
1 Freshly Squeezed Orange OR Carton of Orange Juice  
Apple—1 whole diced up, core removed  
Pear—1 whole diced up

