



Fruit Dessert



Makes about 5 servings.

Ingredients:

- 1 Pear
- 2 Persimmons, skin removed
- 1 Apple
- 1 Orange, peeled
- 2 Tbs. apricot preserves (or choose your favorite flavor)

Preparation:

Chop all fruit into 1/4 inch cubes.
 Combine fruit with preserves .
 Tip: The fresh fruit included in this salsa mix can be changed depending on seasonal fruits.
 Serve with baked cinnamon and sugar chips or vanilla yogurt.

Baked Cinnamon & Sugar Chips

Preheat oven to 350 degrees.
 Coat one side of each flour tortilla with cooking spray. Cut into wedges and arrange in a single layer on a large baking sheet.
 Sprinkle wedges with desired amount of cinnamon sugar. Bake in the preheated oven 8 to 10 minutes. Allow to cool for Approximately 15 minutes.

Nutritional information for 1 serving

Calories 100, Fat 0.4 gm, Fiber 2.5 gm, Cholesterol 0 mg, Sodium 4 mg

Ask the Dietitian County of Los Angeles
www.lapublichealth.org/nutrition Rev.1/2010



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