

Good as a side dish or dessert, this salad made from fresh fruit is naturally low in fat, saturated fat, and sodium.

Fruit Cup Salad - Whashai

- 1 cup orange juice
- 1 cup water
- 1/2 cup sugar
- 1/2 tsp. cinnamon
- 2 tangerines or oranges
- 2 peaches
- 1 cup strawberries or raspberries
- 1/4 cup blanched chopped almonds

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Cook the orange juice, water, sugar, and cinnamon until a syrup is formed. Cool. Segment the tangerines or oranges; slice the peaches and berries. Combine in a bowl and pour syrup all over them. Chill 1 hour; sprinkle with the nuts and serve in sherbet cups.



All it takes to make a good fruit salad are a few varied fruits at the peak of ripeness.

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