

Carambola Fruit Salad



1 carambola, sliced and seeded with
brown edges removed
1 orange, peeled and sliced

1 banana, peeled and sliced
Juice of 1 lime

Instructions: Wash hands. In a medium bowl, lightly mix fruit with lime juice. Refrigerate and serve cold over lettuce leaves or as fruit cups.

Yield: 4 servings

Nutrition Facts (per serving): 50 calories, 0 grams fat, 13 grams carbohydrate, 2.5 grams fiber, 1 gram protein