
Fresh Fruit Salad



Not all fruit salads are good for you but this one definitely is as it retains all of the fruit's antioxidants. Makes about 10 cups.

Ingredients:

3 cups	Mixed berries (blueberries, raspberries, halved strawberries)
2 cups	Seedless grapes, green or red or both
2	Red apples
3	Peaches or nectarines
2	Bananas, sliced thin
1 cup	Freshly squeezed orange juice (about three oranges)
	Nutmeg (optional)

Directions:

1. Chop all fruit and mix gently in a large bowl.
2. Pour fresh orange juice over the fruit and chill in refrigerator.
3. Serve with a dash of nutmeg if desired.