

# FULTON FRESH KITCHEN SCIENCE

## Citrus Fruit Salad

Create the rainbow with this summer treat!

### SAFETY FIRST!

Youth should always have parent supervision when preparing recipes. Make sure to wash your hands with warm soap and water for at least 20 seconds before preparing food or cooking..

## INGREDIENTS

### Fruit:

- 1/2 cup fresh blueberries
- 1/2 cup peeled and diced kiwi fruit
- 1 cup fresh mandarin/navel orange segments
- 1/2 cup halved grapes
- 1/2 cup diced apples or pears
- Optional: 1/2 cup pomegranate seeds



### Dressing:

- 1/2 tablespoon honey
- 1 tablespoons orange juice (see note for lemon variation)
- Light pinch of cinnamon

## INSTRUCTIONS

1. Place the fruit in a serving bowl. (If using pears, because they sometimes darken faster than apples, toss them with a light squeeze of lemon juice before adding to the salad.)
2. Whisk together the dressing ingredients and pour over the fruit and toss to combine.
3. The fruit salad can be made a couple hours ahead of time – keep in mind that depending on what type of fruit is used, the colors may seep into each other as the salad sits.

Visit our website or social media channels for a follow-along video of how to prepare this recipe.

[www.ugaextension.org/fulton](http://www.ugaextension.org/fulton)

8 servings per container. 1 serving = 1 popsicle

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Why do oranges wear suntan lotion? Because they peel.

### SUBSTITUTIONS

Alter the recipes to your favorite fruits and what's in season. You'll want about 3-4 cups total fruit (not including the pomegranate seeds).

### DID YOU KNOW?

- Citrus was first brought to the continental United States by Spanish Explorers in 1565 (*University of Georgia Cooperative Extension*).
- It takes 4 medium oranges to make an 8-ounce glass of orange juice (*University of Florida Extension*).

### HEALTHY HABITS

- Water is one of the body's most essential nutrients and makes up about 60% of our body weight.
- Did you know that some people may live six weeks without any food, but they could not live more than a week or so without water?
- Make sure you drink a lot of water daily, especially when it is hot outside.
- Kids from ages 4- 14 need about 7-10 cups per day!

This recipe is adapted from <https://www.melskitchencafe.com/winter-fresh-fruit-salad/>

Share a picture of your finished recipe with us on social media with the hashtag #localfoodmadefun.

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