

# Pineapple Fruit Salad

## Ingredients

- 1-1/3 cup pineapple
- 1 cup strawberries
- 1 cup grapes
- 4 tsp honey

## Directions

1. Wash all fruit.
2. Peel and dice pineapple and place into a large bowl.
3. Dice strawberries and place in bowl with pineapple.
4. Add grapes to bowl and mix gently.
5. Add honey and mix very gently. Place in refrigerator for 30 minutes before serving.

## Notes

**Number of Portions:** 4

**Serving Size:** 1/2 cup

**Nutrition Facts:** 84 calories,  
0.24 g fat, 0.03 g saturated  
fat, 2 mg sodium, 22.02 g  
carbohydrate, 1.9 g fiber, 18.2  
g sugar, 0.83 g protein

