



APPETIZER

Large Fruit Tray

14 oz. Fresh Strawberries, washed
1 lb. 10 oz. White Seedless Grapes, washed
1 lb. 10 oz. Red Flame Seedless Grapes, washed
1 lb. 8 oz. Fresh Pineapple, peeled & cored
6 - Kiwifruit, peeled
1 lb. 12 oz. Cantaloupe, cut in half & remove seeds
Leaf Lettuce (optional)

METHOD OF PREPARATION:

1. Use a round white platter or any you prefer. You may wish to line the platter with leaf lettuce.
2. Slice the washed strawberries in half with the green tops still on.
3. Clean the grapes leaving no stems or clusters.
4. Cut the whole pineapple in quarters, then slice the quarters very thin.
5. Cut each kiwifruit into 8 wedges.
6. Cut the cantaloupe in quarters, then slice very thin.
7. Arrange the fruit on the platter. If desired, place fruit dip in a small serving bowl, then place the bowl in the center.

SERVES: 75- 3 ounce portions

NUTRITION: 30 Calories, 0 g Fat, 0 g Saturated Fat, 0 g Trans Fat, 0 mg Cholesterol,
0 mg Sodium, 7 g Carbohydrate, 0 g Dietary Fiber, 6 g Protein

WEIGHT WATCHER SMARTPOINTS= 2

ALLERGENS: None