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Fabulous Almond Fruit Salad

Created by the Almond Board of California

Enjoy fresh fruit of the season at your barbeques and outings with this sure-to-please, sweet salad.

Makes 13 servings

What you need:

- ¼ cup (50 mL) seedless raspberry jam
- 2 tbsp. (30 mL) lemon juice
- 1 pint (473 mL) strawberries stems removed, halved
- 1 cup (250 mL) plum wedges
- 2 cups (500 mL) pineapple chunks
- 2 cups (500 mL) cantaloupe chunks
- 2 cups (500 mL) honeydew chunks
- 2 cups (500 mL) nectarine chunks
- ½ pint (237 mL) raspberries
- 1 cup (250 mL) green grapes
- 1 cup (250 mL) whole natural almonds, roasted*



Photo courtesy of Almond Board of California

How you prepare:

Whisk together jam and lemon juice. Toss with strawberries and plum wedges. Let stand, covered, for up to 2 hours. At serving time, fold in pineapple, cantaloupe, honeydew, nectarines, raspberries, grapes and almonds.

* To roast whole almonds, place them in a preheated 350°F (180°C) oven on a baking sheet for 7-10 minutes, stirring occasionally, until fragrant.

Nutritional Analysis: per serving.

Calories: 146	Fibre: 4 g
Fat: 6 g	Cholesterol: 0 mg
Sat Fat: 0.5 g	Sodium: 8 mg
Mono Fat: 3.5 g	Calcium: 42 mg
Poly Fat: 1.5 g	Magnesium: 45 mg
Protein: 3 g	Potassium: 399 mg
Carb: 23 g	Vitamin E: 3.3 mg*

* total alpha-tocopherol equivalents

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Recipe used with permission from the Almond Board of California. Visit www.almondboard.com for more great recipes.

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