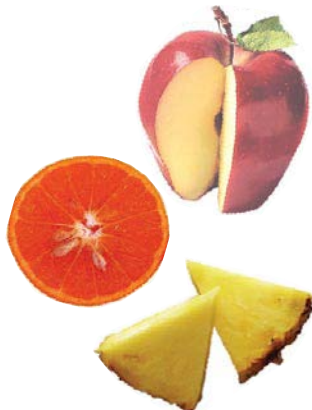


## Fresh Fruit Cocktail

Makes 4 servings

- 1½ cups pineapple, chopped, canned or fresh
- 1 orange, peeled, sectioned, and chopped
- ½ cup seedless grapes, cut in quarters
- 1 red delicious apple, cored and chopped (or sliced)



1. In a large bowl, combine pineapple, orange, grapes and apples.
2. Serve as is or mix-in one of the following options.

### Option A

Mix with ½ cup yogurt (any flavor).

### Option B

- 2 cups apple juice
- 1 tablespoon lemon juice
- ½ teaspoon grated lemon peel
- 2 (3-inch) cinnamon sticks

### Method

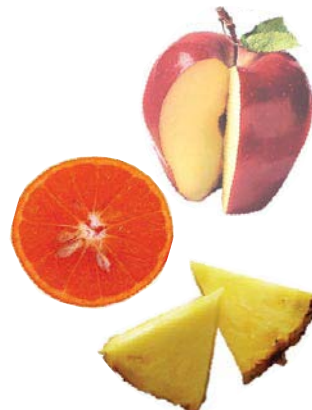
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2. Bring to a boil, reduce heat, and simmer, uncovered, for 10 minutes. Remove from heat and cool to room temperature.
3. Remove cinnamon sticks from apple juice and pour mixture over fruit.
4. For best flavor, chill before serving. Refrigerate leftovers.

Recipe adapted from Washington Apple Commission website:

[www.bestapples.com/recipes](http://www.bestapples.com/recipes)

**Substitutions:** Use other fruits such as pears, peaches, mandarin oranges, berries or cherries.

### Kitchen Helpers!

**2-year-olds** can help with washing fruits and vegetables. Let them wash the apples, grapes and orange!

**3-year-olds** can mix ingredients in a bowl. Have them help mix the fruit together with the apple mixture.

**4-year-olds** can help by peeling the orange.



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