



## Breakfast Fruit Mix



### **Ingredients:**

- 4 Peaches
- 2 Nectarines
- 4 Plums
- Pinch of cayenne pepper
- Lime wedge, mint sprigs
- 1/3 Cup freshly lime juice
- 2 Tbsp. honey
- Pinch of kosher salt
- 1/4 Cup fresh mint, chopped

### **Preparation:**

Rinse all fruit and remove the pits. Cut fruit into thin wedges or one-inch chunks set aside.

Ask the Dietitian County of Los Angeles  
[www.lapublichealth.org/nutrition](http://www.lapublichealth.org/nutrition)

**For dressing:** Combine the lime juice and honey in a small bowl. Whisk until the honey dissolves. Add a pinch of kosher salt and mint. Combine fruit into a bowl and pour dressing over it, stirring gently to distribute. Sprinkle on cayenne pepper & adjust to taste. Garnish with a lime wedge & mint sprig.

**Nutritional information per serving:**  
Calories 101, Fat 4 gm, Saturated fat 0.27 gm, Cholesterol 0 mg, Carbohydrates 25 gm, Fiber 3 gm, Sodium 27mg.

Recipe Source: CA Tree Fruit Agreement  
Rev. 01/2010



## Breakfast Fruit Mix



### **Ingredients:**

- 4 Peaches
- 2 Nectarines
- 4 Plums
- Pinch of cayenne pepper
- Lime wedge, mint sprigs
- 1/3 Cup freshly lime juice
- 2 Tbsp. honey
- Pinch of kosher salt
- 1/4 Cup fresh mint, chopped

### **Preparation:**

Rinse all fruit and remove the pits. Cut fruit into thin wedges or one-inch chunks set aside.

Ask the Dietitian County of Los Angeles  
[www.lapublichealth.org/nutrition](http://www.lapublichealth.org/nutrition)

**For dressing:** Combine the lime juice and honey in a small bowl. Whisk until the honey dissolves. Add a pinch of kosher salt and mint. Combine fruit into a bowl and pour dressing over it, stirring gently to distribute. Sprinkle on cayenne pepper & adjust to taste. Garnish with a lime wedge & mint sprig.

**Nutritional information per serving:**  
Calories 101, Fat 4 gm, Saturated fat 0.27 gm, Cholesterol 0 mg, Carbohydrates 25 gm, Fiber 3 gm, Sodium 27mg.

Recipe Source: CA Tree Fruit Agreement  
Rev. 01/2010



## Breakfast Fruit Mix



### **Ingredients:**

- 4 Peaches
- 2 Nectarines
- 4 Plums
- Pinch of cayenne pepper
- Lime wedge, mint sprigs
- 1/3 Cup freshly lime juice
- 2 Tbsp. honey
- Pinch of kosher salt
- 1/4 Cup fresh mint, chopped

### **Preparation:**

Rinse all fruit and remove the pits. Cut fruit into thin wedges or one-inch chunks set aside.

Ask the Dietitian County of Los Angeles  
[www.lapublichealth.org/nutrition](http://www.lapublichealth.org/nutrition)

**For dressing:** Combine the lime juice and honey in a small bowl. Whisk until the honey dissolves. Add a pinch of kosher salt and mint. Combine fruit into a bowl and pour dressing over it, stirring gently to distribute. Sprinkle on cayenne pepper & adjust to taste. Garnish with a lime wedge & mint sprig.

**Nutritional information per serving:**  
Calories 101, Fat 4 gm, Saturated fat 0.27 gm, Cholesterol 0 mg, Carbohydrates 25 gm, Fiber 3 gm, Sodium 27mg.

Recipe Source: CA Tree Fruit Agreement  
Rev. 01/2010



## Breakfast Fruit Mix



### **Ingredients:**

- 4 Peaches
- 2 Nectarines
- 4 Plums
- Pinch of cayenne pepper
- Lime wedge, mint sprigs
- 1/3 Cup freshly lime juice
- 2 Tbsp. honey
- Pinch of kosher salt
- 1/4 Cup fresh mint, chopped

### **Preparation:**

Rinse all fruit and remove the pits. Cut fruit into thin wedges or one-inch chunks set aside.

Ask the Dietitian County of Los Angeles  
[www.lapublichealth.org/nutrition](http://www.lapublichealth.org/nutrition)

**For dressing:** Combine the lime juice and honey in a small bowl. Whisk until the honey dissolves. Add a pinch of kosher salt and mint. Combine fruit into a bowl and pour dressing over it, stirring gently to distribute. Sprinkle on cayenne pepper & adjust to taste. Garnish with a lime wedge & mint sprig.

**Nutritional information per serving:**  
Calories 101, Fat 4 gm, Saturated fat 0.27 gm, Cholesterol 0 mg, Carbohydrates 25 gm, Fiber 3 gm, Sodium 27mg.

Recipe Source: CA Tree Fruit Agreement  
Rev. 01/2010