



FRESH FRUIT CUP WITH VANILLA HONEY FRUIT DIP

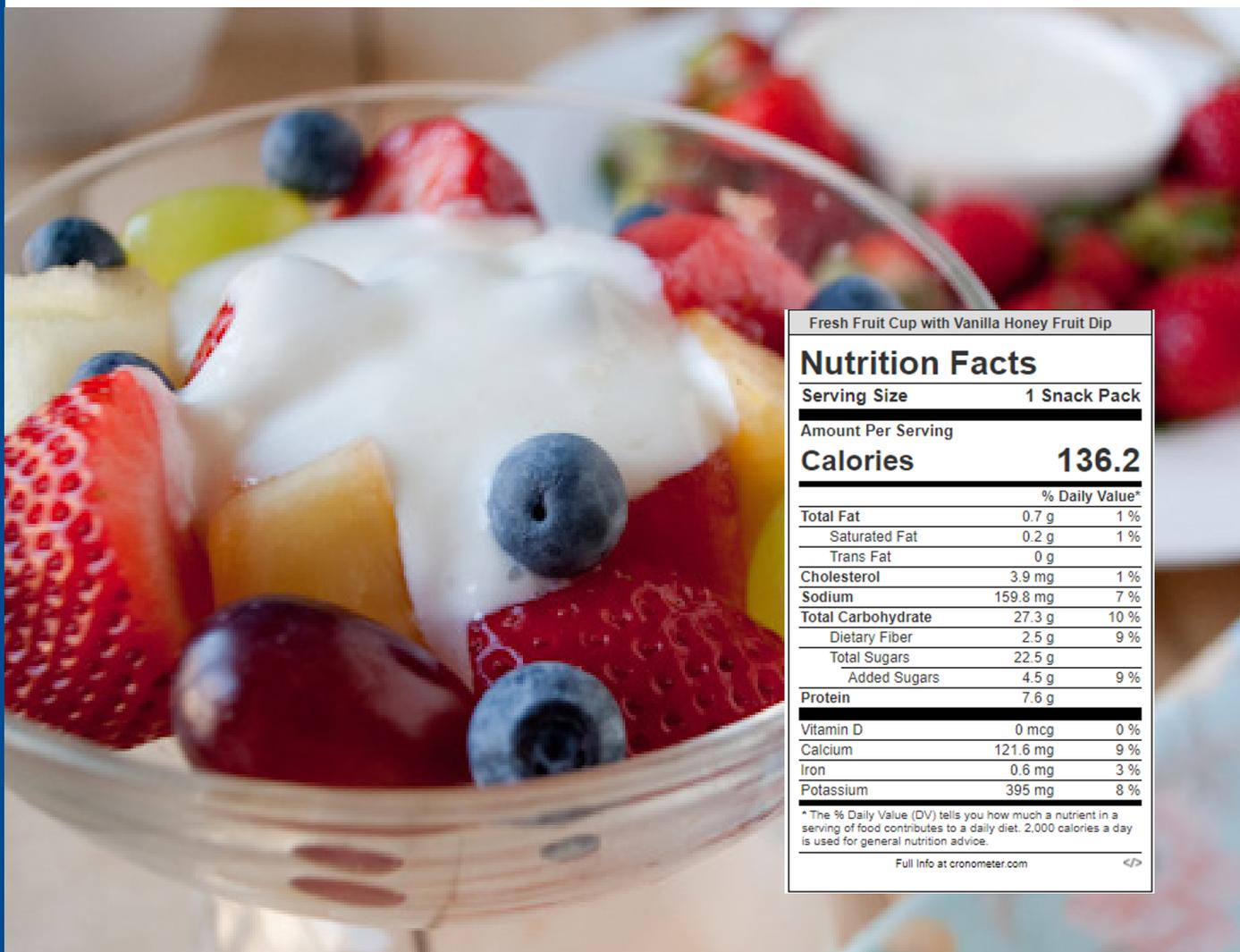
INGREDIENTS

- 1/4 cup watermelon, cubed
- 1/4 cup cantaloupe, cubed
- 1/4 cup strawberries, sliced
- 1/4 cup grapes
- 1/4 cup blueberries
- 1/4 cup vanilla honey fruit dip (see recipe)



DIRECTIONS

Combine all fruit. Enjoy!



Fresh Fruit Cup with Vanilla Honey Fruit Dip

Nutrition Facts		
Serving Size	1 Snack Pack	
Amount Per Serving		
Calories	136.2	
	% Daily Value*	
Total Fat	0.7 g	1 %
Saturated Fat	0.2 g	1 %
Trans Fat	0 g	
Cholesterol	3.9 mg	1 %
Sodium	159.8 mg	7 %
Total Carbohydrate	27.3 g	10 %
Dietary Fiber	2.5 g	9 %
Total Sugars	22.5 g	
Added Sugars	4.5 g	9 %
Protein	7.6 g	
Vitamin D	0 mcg	0 %
Calcium	121.6 mg	9 %
Iron	0.6 mg	3 %
Potassium	395 mg	8 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.