

Mango Strawberry Salad

A refreshing summer treat!

Ingredients:

2 C. Strawberries

2 C. Mango

1/4 C Chopped Walnuts

1/4 C Pine Nuts

1 Tbsp Orange Juice

1 Tbsp Lemon Juice

Directions:

Toss all ingredients together in a medium size bowl. Serves 8

Nutritional Information:

Calories per serving: 93, Protein: 2.3 grams,
Carbohydrate: 14 grams, Fat: 4 grams, Fiber: 2.3
grams, Cholesterol: 0 milligrams

Printed from www.vibrantlife.com

Georgia E. Hodgkin, Ed.D., R.D., F.A.D.A., is an associate professor in the Department of Nutrition and Dietetics in the School of Allied Health Professions at Loma Linda University, Loma Linda, California.