



# Grapefruit, Orange, and Banana Salad

## Ingredients

- 1 grapefruit, separated into segments
- 1 orange, separated into segments
- 2 small bananas, cut into slices
- 2 pinches ground cinnamon
- 2 tsp honey

## Instructions

1. Preheat the broiler.
2. Place fruit in a baking dish and sprinkle cinnamon over the top.
3. Drizzle honey over the fruit.
4. Broil until the fruit is slightly browned.
5. Enjoy!

**\* Note: you can also enjoy this as a fresh, cold salad! Just combine fruit in a bowl and add cinnamon and honey.**

Prep Time: 5 minutes  
Cook Time: 6 minutes  
Serves: 4



*Flip over for Nutrition Information!*



## Nutrition Information

**Calories:** 92  
**Carbohydrates:** 24 g  
**Dietary Fiber:** 5 g  
**Sugars:** 14 g  
**Potassium:** 239 mg  
**Dietary Exchanges:** 1 ½ fruit



### ***Did You Know?***

*Grapefruits are rich in vitamin C and soluble fiber featured on the American Diabetes Association's list of superfoods.*

*Cautionary Note: Grapefruit can interact with certain drugs, including statin and antiarrhythmic medications, so check with your health care professional before consuming the fruit.*