

Fall Recipes

Autumn's Bounty of Fruit

Ingredients:

- 🍋 Juice from 1 lemon
- 🍏 1 apple, cored and sliced into wedges
- 🍏 1 pear, cored and sliced into wedges
- 🍇 1 bunch grapes
- 🌰 ½ cup raw almonds, pecans, walnuts, or hazelnuts

Directions:

1. Place lemon juice in a medium bowl and add 2 cups of cool water. Dip apple and pear slices into lemon water to prevent browning. Blot dry with paper towels.
2. Arrange apple and pear slices on a serving dish with grapes and nuts.

Makes 6 to 8 servings.

REMINDER TO SELF: Ask parents if children have any food allergies!

