



**NEW EPISODES  
MONDAYS  
AT NOON EST**

## **"Culinary Boot Camp: Fruit" Fruit Salad**

**1 med cantaloupe, cut in small cubes  
1 med honey dew, cut in small cubes  
1 pkg cherries  
1 can mandarin oranges  
1 small box golden raisins  
1 small bottle honey  
1 pkg chopped almonds**

**Place all fruit in a bowl and toss lightly. When ready to serve, place in dishes and lightly coat with honey and almonds.**

*The USDA recommends 2-4 servings of fruit per day.*