

PREPARATION: 15 MINUTES

COOKING: 10 MINUTES

4 SERVINGS

WINTER FRUIT SALAD

INGREDIENTS

SYRUP

1 cup water

2 tablespoons sugar

1 tablespoon fresh mint leaves, chopped

1/8 teaspoon ground cinnamon

SALAD

1 cup pineapple, cut into cubes

1 cup red grapes, cut in halves

2 clementines*, split into wedges

1 tablespoon mint leaves, chopped

**You can also use mandarin oranges but they may have seeds.*

PREPARATION

- 1 In a small saucepan, combine water, sugar, mint and cinnamon and bring to a boil. Reduce to medium heat and let simmer until liquid is reduced by about half.
- 2 Remove the syrup from the stove and let cool.
- 3 Arrange the fruits on a serving plate and add the syrup on top. Garnish with mint leaves.

Nutrient Analysis

PER SERVING:

1/4 of recipe

RENAL EXCHANGE:

1 Fruit

Calories	70Kcal
----------	--------

Protein	1g
---------	----

Carbohydrates	18g
---------------	-----

Fibre	1.5g
-------	------

Total Fat	0g
-----------	----

Saturated Fat	0g
---------------	----

Cholesterol	0mg
-------------	-----

Sodium	3mg
--------	-----

Potassium	165mg
-----------	-------

Phosphorus	16mg
------------	------

