

APPETIZERS

APPLE BERRY SALSA, 1 serving = 3 TBS = 0 points

2 medium Granny Smith apples

1 pint strawberries, diced

2 TBS packed brown sugar*

2 kiwi, peeled and diced

1 small orange & zest

2 TBS apple jelly or apricot jam*

Peel, core and slice apples using Apple peeler/corer/slicer; Coarsely chop apple slices. Place fruit in small bowl. Zest orange peel to measure 1 tsp. zest. Juice the orange to get 2 TBS juice. Add orange zest, juice, brown sugar and jelly to fruit mixture; mix gently. Refrigerate until ready to serve.

Spoon into serving bowl. Serve with low fat cinnamon graham crackers.

Makes 3 cups (16 servings); 6TBS = 2 servings = 1 point (salsa ONLY).

*can eliminate brown sugar and jelly/jam and substitute one "squirt" of honey (about 1 TBS.)