**Sunshine Salad**

2 oranges, peeled and cut into sections  
1/4 cup orange juice  
2 bananas, sliced  
1 cup strawberries, whole or sliced  
1 cup melon cubes, if desired  
2 Tablespoons sugar or honey

Gently mix fruit together in large bowl. Mix orange juice and sugar or honey together. Pour over fruit. Cover bowl. Refrigerate at least one hour before serving.

**Fruitsicles**

Fruit juice  
Paper cups  
Aluminum foil  
Popsicle sticks

Pour any kind of fruit juice into small paper cups. Cover cups with aluminum foil. Place a popsicle stick in standing position in center of each cup (foil will hold stick in place). Put in freezer. Before serving, remove cup from popsicle.
### Nutrition Facts

**Serving Per Recipe 6 (1/2 cup each)**

**Amount Per Serving**
- Calories 83
- 3% of total calories from fat
- Total Fat: .3g
- Sodium: .8mg
- *Vitamin A: 1%
- *Vitamin C: 75%
- *Calcium: 2%
- *Iron: 2%

### Nutrition Facts

for 4 ounces orange juice

**Amount Per 4 ounce fruiticle**
- Calories 56
- 0% of total calories from fat
- Total Fat: 0g
- Sodium: 1mg
- *Vitamin A: 1%
- *Vitamin C: 80%
- *Calcium: 1%
- *Iron: 1%