Afternoon Fruit Bowl Snack

2 cups red grapefruit sections, chilled

 1 banana, sliced

 ¾ cup walnut pieces

 1 Tablespoon fresh mint. Chopped

 1 tablespoon honey

Drain the juice from the grapefruit, setting aside

 A small amount.

Combine all ingredients except the honey and the juice.

 Stir the small amount of juice into the honey until

 It looks like a glaze.

Toss gently, and drizzle the top with the honey

 Glaze mixture.

 Serve in a chilled bowl.

 Bon-Appetite May 26, 013