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