

APPLE - PEAR SALAD

2 med. apples, sliced

2 med. pears, sliced

1 med. stalk celery, sliced

2 tbsp. fresh orange juice

1 tsp. grated orange rind

1 tsp. salt, (optional)

1/4 tsp. ground cinnamon

1/4 tsp. ground nutmeg

Salad green lettuce

Mix apple, pear and celery slices. Shake orange juice, honey, salt, cinnamon and nutmeg in tightly covered container. Pour over apple mixture; toss until evenly coated. Cover and refrigerate at least 1 hour. Arrange apple mixture on salad green lettuce. Yields 8 servings.