

Very simple and easy way to get your fruits!! This is a great salad to serve with your ham for the holidays. This is really a simple fruit salad!

Fruit Cup Salad (Whashai)

- 1 cup orange juice
- 1 cup water
- 1/2 cup sugar
- 1/2 tsp. cinnamon
- 2 tangerines or oranges
- 2 peaches
- 1 cup strawberries or raspberries
- 1/4 cup blanched chopped almonds

Cook the orange juice, water, sugar, and cinnamon until a syrup is formed. Cool. Segment the tangerines or oranges; slice the peaches and berries. Combine in a bowl and pour syrup all over them. Chill 1 hour; sprinkle with the nuts and serve in sherbet cups.

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Some of the highest quality oranges are grown in North America in the sunny state of Florida. Florida oranges have a higher juice content than oranges from California. The oranges from California are considered excellent for eating. Green skin on oranges is not necessarily an indication of their being unripe. In fact, the familiar bright orange color is a result of an orange dye having been applied to the skin.

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