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## **Fresh Fruit Christmas Tree**

Kale is a nutritional powerhouse, rich in Vitamin K which helps regulate bone production. The walnuts add crunch and a healthy dose of omega-3 fatty acids, also shown to contribute to bone health.

### **MATERIALS**

A Styrofoam cone (small or medium)

Toothpicks

Holiday shaped cookie cutters

A variety of fruit (grapes, strawberries, melon, kiwi, etc. )

Dried cranberries

Cilantro for garnish

### **DIRECTIONS**

Using the cookie cutters create various shapes out of the melon slices. Attach toothpicks to the Styrofoam cone. Attach one piece each of a fruit to a toothpick. Continue building the tree until it is as dense as you would like it. Use cilantro leaves as garnish at the bottom of the tree. Serve and enjoy!

*Nutrition info unavailable.*

Source: <http://ginger-and-garlic.blogspot.ca/2009/12/espresso-chocolate-truffles-and-wish.html>