



Samuel Weinheimer  
Junior  
Fruit Salad  
Armstrong County

## Ice Cream Cone Fruit Cups

### Ingredients:

6 Waffle Ice Cream Bowls  
Whipped Topping  
1 pineapple  
4 Kiwi  
Blueberries  
Strawberries  
Red Grapes  
Green Grapes  
Maraschino Cherries

### Directions:

Wash fruit. Cut up fruit into bite size pieces and place in a medium size mixing bowl. Carefully stir up the fruit. Divide the fruit salad into each of the waffle bowls. Top each fruit salad with a squirt of whipped topping. Place a maraschino cherry on the top of the whipped topping. Enjoy!

Payton Ogletree  
Junior  
Fruit Salad  
Carson County

## ORANGE FRUIT BASKETS

### Ingredients:

- 10 large navel oranges
- 1 kiwi, peeled, sliced and quartered
- $\frac{3}{4}$  cup fresh blueberries
- $\frac{3}{4}$  cup sliced fresh strawberries
- $\frac{3}{4}$  cup halved green grapes
- $\frac{3}{4}$  cup halved red grapes

### Directions:

1. Peel and section two oranges; set aside. Make baskets from remaining oranges. For handle, score  $\frac{1}{2}$  inch wide strip over the top of each orange. Score peel from the base of the handle on one side to the opposite side. Cut along scored lines with a paring knife and remove peel. Repeat on other side.
2. Using a paring or grapefruit knife and spoon, scoop out pulp from under handle and inside the basket. Combine kiwi, blueberries, strawberries and grapes and reserved orange segments; spoon into baskets.
3. If desired, make a flower on top of basket handle with grapes and blueberries. Quarter six grapes; place three quarters on top of each handle with blueberry in the center.

Christell Melendez

Junior

Fruit Salad

Collingsworth County

## **Hawaiian Fruit Salad**

### **Ingredients**

#### **Fruit Salad:**

- 1 Cantaloupe (sliced)
- 1 Green apple (sliced)
- 1 Gala apple (sliced)
- 1 Green grapes (halves)
- 1 Cup Red grapes (halves)
- 1 Cup Strawberries (sliced)
- 1 Cup Kiwi fruit (sliced)
- 1 Cup fresh raspberries

#### **Whipped Cream Topping:**

- 2 Cups Heavy Whipping Cream
- 2 Teaspoons white sugar
- 3 Tablespoons toasted almonds
- 1 Teaspoon vanilla extract

#### **Directions:**

1. Mix all of the sliced fruit in a bowl.
2. Beat heavy whipping cream, 2 teaspoons sugar, and the vanilla extract in a bowl with an electric mixer on high until stiff peaks form. Spoon over the fruit salad and sprinkle evenly with toasted almonds.

Summer Musick

Junior

Fruit Salad

Deaf Smith County

### **Barta's Fruit Salad**

Sauce:        3 eggs  
                 1 cup sugar  
                 1/2 cup lemon juice

(Mix well. Heat over low heat, stirring constantly, until thickened. Put in refrigerator, covered, and let cool completely.)

TO THE COOLED SAUCE, add (in an amount to your liking):

Pineapple tidbits  
Golden Delicious apples (cubed)  
Red, seedless grapes (halved or quartered)  
Pecans (chopped)  
Mini-marshmallows



Name Kenzie English

Junior

Fruit Salad

County Name Hemphill

### **Autumn Fruit Salad With Cinnamon Greek Yogurt Dressing**

Type recipe here:

2 medium pears, diced

2 medium apples, diced

1c. Red grapes, halved

1/3c. Greek yogurt

2 tsp. Freshly grated lemon zest

1 tbsp. Fresh lemon juice

2 tbsp. Honey

1/2 tsp. Vanilla extract

1/2 tsp. Cinnamon

1/4 tsp. Nutmeg

1/3c. Pecans\*, chopped

Directions:

Place pears, apples, and grapes in a large bowl. Toss gently to combine. Set aside. In a small bowl, add the Greek yogurt, lemon zest, lemon juice, honey, vanilla, cinnamon, and nutmeg. Use a wire whisk to blend well. Drizzle dressing over the fruit. Toss gently until fruit is covered. Scoop into bowls and sprinkle with pecans. Serve immediately.

Serves: 4-6

Bailey Line

Junior

Fruit Salad

Hutchinson

### **Skinny Ambrosia Fruit Salad**

Serves: 6 cups

#### **Ingredients**

- 1 (20 oz.) can pineapple chunks, drained
- 2 c. green grapes
- 1 c. strawberries, quartered
- 1 c. blueberries
- 1 can mandarin oranges, drained
- 1 c. plain Greek yogurt
- 2 Tbsp. Truvia® Sugar Blend
- 1/4 tsp. vanilla

#### **Instructions**

Combine fruits in a large bowl and mix gently, being careful not to crush mandarin oranges. In a separate bowl, combine Greek yogurt, Truvia® Sugar Blend, and vanilla and mix well. Gently fold Greek yogurt sauce into fruit salad. Enjoy!

Addison Lopez

Junior

Fruit Salad

Ochiltree County

### **Kid-Friendly Fruit Salad**

#### **Ingredients:**

1/4 cup fresh pineapple, cut into bite size chunks  
1 orange, peeled and cut into bite size pieces  
1/2 red apple, cut into bite size pieces  
5 seedless red grapes, Halved  
5 seedless green grapes, Halved  
2 cups strawberry yogurt

#### **Procedure:**

Stir pineapple, orange, apple, red grapes, and green grapes together in a bowl. Pour yogurt over the top and stir to coat completely.



Abby Vincent

Junior

Fresh Fruit Dish

Oldham County

### **Fruit Salad with Brown Sugar Glaze**

**Ingredients:**

- 1 1/2 cups pineapple (chopped)
- 2 cups sliced strawberries
- 6 oz. blackberries
- 1 cup blueberries
- 4 kiwis (chopped)
- 1 1/2 cups red grapes (can be chopped)
- 2 bananas (sliced)
- 1/3 cup pulp free orange juice
- 1/4 cup + 1 tsp. brown sugar (packed)
- 1/4 teaspoon pure vanilla extract
- 1 teaspoon honey (optional)
- 2 tsp. instant vanilla pudding

**Directions:**

Slice or chop all of the fruit and mix into a large bowl. In a small bowl, combine orange juice, brown sugar and vanilla extract. Stir together until the brown sugar dissolves. Pour the mixture over the top of the fruit and toss it together. Be careful not to crush the fruit. Sprinkle the top with vanilla pudding, if desired. Cover and refrigerate until you are ready to serve.



Grace Smith

Junior

Fruit Salad

Roberts County

### **AMBROSIA SALAD**

1 sm can mandarin oranges  
1 1/2 C mini marshmallows  
1 can cling peaches, sliced  
1 cup coconut

1/2 C Pecan halves, toasted  
1 pt whipping cream  
1/4 C sugar

combine dry ingredients. Whip cream and add sugar. Blend, chill and serve. Yield 8 servings.

reciped credited to:

Shirley Williamson

St. Matthew's Episcopal Church Cookbook

Pampa, Texas

Marize Howell  
Junior  
Fruit Salad  
Sherman

### Avocado Salad

2 avocados - peeled, pitted and diced  
1 sweet onion, chopped  
1 green bell pepper, chopped  
1 large ripe tomato, chopped  
1/4 cup chopped fresh cilantro  
1/2 lime, juiced  
salt and pepper to taste

In a medium bowl, combine avocados, onion, bell pepper, tomato, cilantro and lime juice. Gently toss until evenly coated. Season with salt and pepper.



Braxton Scott

Junior

Fruit Salad

Wheeler County

### **Snowball Salad**

1/2 cup sour cream

16-ounce package of non-dairy dessert topping, thawed

2 cups strawberries, halved

1 cup maraschino cherries, drained

4 cups green grapes

2 cups pineapple, diced

Combine sour cream and non-dairy dessert topping. Fold in strawberries, cherries, grapes and pineapple. Cover and chill for at least 2 hours before serving. Yield 12 servings.