



Creamy Fruit Salad



Garden Enhanced Nutrition Education

Ingredients:

- 1 cup **pineapple** chunks
- 1 large **apple**, chopped
- 1 **banana**, sliced
- 1 **orange**, chopped
- 3/4 cup low-fat **piña colada yogurt**

Directions:

1. Put pineapple chunks in a medium mixing bowl.
2. Prepare apples, banana, and orange as directed and add to bowl.
3. Add yogurt to bowl and mix gently with a spoon until fruit is well coated.
4. Refrigerate leftovers within 2 hours.

Notes:

- ▶ For a different taste, try adding different fruits like grapes, blueberries, huckleberries, or peach slices.
- ▶ Try other flavors of low-fat yogurt.



Servings: 8
Serving size: 1/2 cup

Nutrition information (per serving):

Calories: 70
 Total Fat: 0g
 (Saturated Fat: 0g)
 Cholesterol: 0mg
 Dietary Fiber: 2g
 Sodium: 15mg

Visit [FoodHero.org](https://www.foodhero.org) for easy, tasty recipes.



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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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