

Ingredients:

- 1 can mixed fruit, in juice
- 1 can pineapple chunks, in juice
- 1 red apple
- 1 orange
- 1 8-ounce. container low fat vanilla yogurt
- 1 tablespoon honey*

*Do not feed honey to children under 1 years of age.

Directions:

1. Wash hands with warm water and soap.
2. Open the can of mixed fruit and pineapple with the can opener. Pour both cans into the colander over a bowl to drain. Save the juice to drink later.
3. Wash the apple in cool water. Pat dry with paper towels.
4. Have an adult cut the apple into 4 sections on the cutting board using the cutting knife. Cut out the apple core and seeds. Cut the apple in large chunks.
5. Wash the orange in cool water. Peel the orange and separate the orange segments. Have an adult cut each segment in half and remove all the seeds.
6. Put the yogurt and honey in the mixing bowl. Stir with the wooden spoon until mixed. Add the drained fruit and pineapple and the apple and orange. Stir with the spoon until mixed.
7. Serve cold.

Nutrition Facts (Per Serving)

Calories, 203; Carbohydrate, 47 gm; Protein, 3 gm; Total Fat, 1 gm; Saturated Fat, 0.5 gm; Trans Fat, 0 gm; Cholesterol, 3 mg; Fiber, 3 gm; Total Sugars, 24 gm; Sodium, 55 mg; Calcium, 112 mg; Folate 12 mcg; Iron, 0.3 mg; Calories from Fat, 5%.

Makes: 4 servings

Easy Fruit Salad
Image not found or type unknown



Easy Fruit Salad

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

<https://www.azhealthzone.org/recipes>