



Creamy Fruit Salad



**Growing
Healthy
Kids**

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.

Tips:

- ▶ For a different taste, try adding different fruits like grapes, blueberries, huckleberries, or peach slices.
- ▶ Try vanilla yogurt instead of piña colada 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 for more healthy recipes



Source: Oregon State University Extension Service.

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 SafeNet at 211. USDA is an equal opportunity provider and employer.

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