

Super Fruit Salad

14 servings

Fruits have important nutrients like vitamin A, vitamin C, potassium, and fiber. They are also low in calories, fat, and sodium. Choose canned fruit packed in 100% fruit juice instead of syrup, which has added sugars.



- 1 (15.25 ounce) can peaches, drained and diced
- 3 oranges, scrubbed with clean vegetable brush under running water, peeled, sectioned and cut into thirds
- 3 apples, gently rubbed under cold running water, cored and cubed
- 2 bananas, gently rubbed under cold running water, peeled and sliced
- 1 cup low-fat yogurt, apricot or any fruit flavor
- 1 Tablespoon honey
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger

1. Wash hands with soap and water.
2. In a medium bowl, combine prepared fruit.
3. In a small bowl, combine yogurt, honey, cinnamon, and ginger.
4. Pour the yogurt mixture over the fruit. Mix well.
5. Refrigerate until ready to serve.

Nutrition Information per Serving: (1/14 of recipe) Calories 90, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 10mg, Total Carbohydrates 24g, Dietary Fiber 2g, Sugars 19g, Protein 1g, Vitamin A 4%, Vitamin C 35%, Calcium 4%, Iron 2%.