



Creamy Fruit Salad



**Growing
Healthy
Kids**

Garden Enhanced Nutrition Education

Ingredients:

- 1 cup drained **pineapple** chunks
- 1 large **apple**, chopped
- 1 **banana**, sliced
- 1 **orange**, chopped
- $\frac{3}{4}$ cup low-fat **flavored yogurt**

Directions:

1. Wash hands with soap and water.
2. Put pineapple chunks in a medium mixing bowl.
3. Add prepared apple, banana and orange to the bowl.
4. Add yogurt to bowl and mix gently with a spoon until fruit is well coated.
5. Refrigerate leftovers within 2 hours.

Note:

- ▶ For a different taste, try adding different fruits like grapes, blueberries, or peach slices.



Servings: 8

Serving size: $\frac{1}{2}$ cup

**Nutrition information
(per serving):**

Calories: 70

Total Fat: 0g

(Saturated Fat: 0g)

Cholesterol: 0mg

Dietary Fiber: 2g

Sodium: 15mg

Visit FoodHero.org for easy, tasty recipes.



**Oregon State University
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