

Crisp Fruit Salad Serves: 6 (makes about 4½ cups)

■ Serving size: ¾ cup ■ Cost/serving: \$.64



Ingredients:

- 1 red apple
- 1 pear
- 1 teaspoon lemon juice
- 1 cup seedless grapes, halved
- ½ cup raisins
- 1 container (6 ounces) low fat, sugar free vanilla yogurt
- 2 tablespoons low fat mayonnaise-type salad dressing

Directions:

1. Wash fruit under cool running water.
2. Chop apple and pear (leave skin on). Add to large serving bowl and toss with lemon juice.
3. Add grapes and raisins to bowl.
4. Combine yogurt and salad dressing in a small bowl and spread over fruit.
5. Stir to combine. Refrigerate. Best eaten the day it is prepared.



Recipe adapted with permission from Iowa State University Extension.

Nutrition Facts	
Serving Size 3/4 cup	
Servings Per Container 6	
Amount Per Serving	
Calories 120	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
Sugars 20g	
Protein 2g	
Vitamin A 2%	• Vitamin C 10%
Calcium 6%	• Iron 2%

Enjoy fall fruits in this quick and easy side dish or dessert!

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