



Creamy Fruit Salad

Adapted from *FoodHero.org*



Ingredients



- 1 cup pineapple chunks
- 1 large apple, chopped
- 1 banana, sliced
- 1 orange, chopped
- 3/4 cup low-fat piña colada yogurt



Directions



Yield: 8 servings **Serving size:** 1/2 cup

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.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



Cooking Tips



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

Try other flavors of low-fat yogurt.

Nutrition Facts	
8 servings per container	
Serving size	1/2 cup (99g)
Amount per Serving	
Calories	70
% Daily Value*	
Total Fat	0g 0%
Saturated Fat	0g 0%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	15mg 1%
Total Carbohydrate	16g 6%
Dietary Fiber	2g 7%
Total Sugars	13g
Includes	1.5g Added Sugars 3%
Protein	2g
Vitamin D	0mcg 0%
Calcium	49mg 4%
Iron	0mg 0%
Potassium	184mg 4%
Vitamin A	6mcg 1%
Vitamin C	17mg 18%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

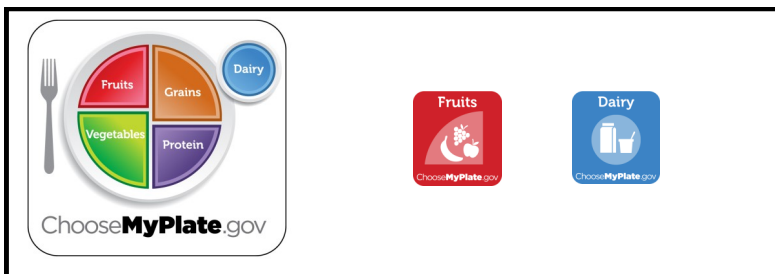
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