



Fruit Salad with Honey-Yogurt Dressing



Ingredients

- 1 orange, peeled and diced
- 2 apples, diced
- 2 bananas, sliced
- 1/2 cup raisins
- 1/2 cup chopped nuts
- 3/4 plain yogurt
- 2 tsp honey

Directions

1. Prep all ingredients
2. Mix all ingredients in a large bowl
3. Chill until ready to serve
4. Enjoy!



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Fast Facts



This Recipe Provides



Fiber



Low Fat



Vitamin C



Calcium

Prep Tips



- Swap raisins for other dried fruits
- Use flavored yogurt if desired

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Nutrition Facts

Serving Size (194g)
Servings Per Container 4

Amount Per Serving
Calories 299 Calories from Fat 84

	% Daily Value*
Total Fat 9.3g	14%
Saturated Fat 1.3g	7%
Trans Fat -1g	

Cholesterol -1mg **0%**

Potassium 654mg **19%**

Sodium 118mg **5%**

Total Carbohydrate 55.9g **19%**

Dietary Fiber 7.5g **30%**

Sugars 37.5g

Protein 4.9g **10%**

Vitamin A 3% Vitamin C 64%

Calcium 4% Iron 9%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



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