

Creamy Fruit Salad

This recipe is a good source of Vitamin C, which keeps gums and blood vessels healthy.

Ingredients:

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

Directions:

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. Serve and enjoy!

Nutrition Facts	
Serving Size 1/2 cup (97g)	
Servings Per Container 8	
Amount Per Serving	
Calories 70	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 13g	
Protein 1g	
Vitamin A 4%	• Vitamin C 15%
Calcium 4%	• Iron 0%
*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
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

8 servings, 1/2 cup each

Bright Ideas:

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

Source: Emilee Hugie, OSU Extension, Warm Springs Indian Reservation. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>