



CREAMY FRUIT/VEGETABLE SALAD

Number of servings: 6

Ingredients:

- 3 cups fresh, frozen, canned OR dried fruit
- OR
- 3 cups fresh OR frozen vegetables
- 1 (6-ounce) container flavored lowfat or fat free yogurt

Directions:

1. Depending on fresh, frozen, OR canned fruit OR vegetables used:
CHOP fresh ingredients OR
THAW frozen ingredients OR
DRAIN canned ingredients.
2. In a large bowl, MIX all ingredients together. COVER and REFRIGERATE until ready to SERVE.

Variations:

Examples of fruit:

pineapple, orange, banana, papaya, mango, apple, or raisins.

Examples of vegetables:

frozen vegetable combinations; fresh cabbage, carrots, broccoli, cauliflower, green beans, and/or zucchini.

Make your own combination of vegetables and fruit. Chopped nuts may be added.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.



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