

# CREAMY FRUIT SALAD

## INGREDIENTS

- 1 (16 ounce) bag **frozen mixed fruit blend, partially thawed**
- 1 (6 ounce) container **lowfat vanilla yogurt**
- Optional: **honey** to taste (see Notes)

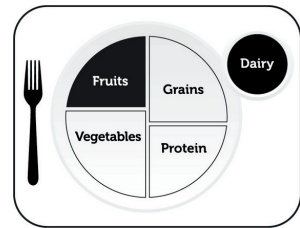
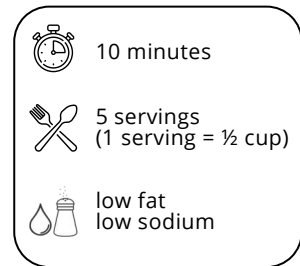
## DIRECTIONS

Always practice food safety when cooking.

- 1) Thaw frozen fruits ahead of time in the refrigerator.
- 2) Drain liquid from fruits if necessary.
- 3) Chop into 1 inch or smaller pieces.
- 4) In a large bowl, mix fruits and yogurt together.
- 5) Cover and refrigerate until ready to serve.
- 6) Optional: Lightly drizzle honey before serving.

## NOTES

- Honey is not recommended for children under 12 months old.
- Frozen fruits can be partially or completely thawed, depending on preference.
- Fresh or canned fruits may be used in place of frozen.
- Examples of fruits that can be used: pineapple, orange, banana, papaya, mango, apple, or strawberry
- Dried fruits, such as raisins and cranberries, can be added.
- Granola and chopped nuts may be added.
- Dairy alternatives, such as fortified soy yogurt, could be used.
- Flavored yogurt can be used, but doing so will increase the sugar.



Nutrition Facts	
5 servings per container	
<b>Serving size</b>	<b>1/2 cup (125g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>80</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 30mg	1%
<b>Total Carbohydrate</b> 17g	6%
Dietary Fiber 1g	4%
Total Sugars 13g	
Includes 4g Added Sugars	8%
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 62mg	4%
Iron 0mg	0%
Potassium 182mg	4%
<small>*The % Daily Value 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.</small>	