

Summer Fruit Salad

Serving Size: ½ cup

Serves: 12

Ingredients

1 large banana, sliced
½ small cantaloupe, cubed
¼ cup fresh orange juice
¼ cup unsweetened pineapple juice
1½ cups cubed fresh pineapple
¾ cup fresh strawberries, quartered
½ cup seedless red grapes, halved
2 kiwifruit, peeled and sliced
1 medium mango, peeled and cubed
1 star fruit, sliced
6 tablespoons low fat vanilla yogurt
6 sprigs of fresh mint.

Directions

In a large bowl, combine the bananas, cantaloupe and juices. Add the remaining fresh fruit stirring gently to combine.

Dish up the salad in serving bowls.

Garnish with a tablespoon of yogurt and a sprig of fresh mint.

Exchanges per serving:

1 fruit

Nutrients per serving:

Calories: 68

Calories from fat: 9

Total Fat: 1g

Saturated Fat: 0g

Cholesterol: 1mg

Sodium: 6mg

Carbohydrate: 17g

Dietary Fiber: 2g

Protein: 1g