
Bombay Banana Salad

Makes 4 servings

Ingredients:

2 oranges
2 firm bananas, peeled, sliced
1 cup seedless red grapes
1/4 cup whole almonds, toasted
1 ripe banana, peeled
12 pitted dates, halved

Dressing

1/2 cup low fat sour cream
1 tablespoon brown sugar or honey
1 tablespoon chopped chutney
1/2 teaspoon curry powder

Grate peel from 1 orange, reserve peel for dressing. Peel and slice oranges. In bowl, toss salad ingredients with dressing.

Dressing: combine all ingredients in blender or food processor. Blend until smooth. Stir in grated orange peel.

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