Simply Fruit

Serving Size: 2 1/2 cup
Yield: 6 Servings

Ingredients:
2 med. navel oranges, peeled & sliced
2 kiwi fruit, peeled & cubed
1 med. firm banana, sliced
1 cup seedless red grapes
1/2 cup reduced-fat vanilla yogurt
2 Tbsp plus 2 teaspoons brown sugar

Instructions:
1. In a bowl, combine the oranges, kiwi, banana & grapes.
2. Divide among six serving bowls.
3. Combine the yogurt & brown sugar.
4. Dollop over the fruit.
5. Serve immediately.

Nutrition Per Serving:
Calories 107, Protein 2g, Fat 1g (sat trace),
Carbohydrate 27g, Fiber 4g, Cholesterol 1mg, Sodium 15mg, Sugar 2g

Healthy Additions:
• Apples, Pears, Plums, Peaches

Healthy Tip:
• To save money and get the freshest fruit, shop at a local farmers market.

See how to make this and all the recipes in this book on “Good Health IS Possible” DVD.