

**Breakfast**

# Simply Fruit

Cost: Per Recipe: \$2.58 Per Serving: \$0.43



For more healthy and affordable meals, check out <http://recipefinder.nal.usda.gov/>

**Simply Fruit**  
Serving Size: 2/3 cup  
Yield: 6 Servings

**Ingredients:**  
2 med. navel oranges, peeled & sliced  
2 kiwifruit, peeled & cubed  
1 med. firm banana, sliced  
1 cup seedless red grapes  
½ 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.**

**30 minutes per day;  
10 minutes at a time;  
5 days a week.  
Get up, get moving and stay fit!**

• Muscle-toning exercises can quickly shape your body, strengthen your bones, reduce your injury risk, and increase your metabolism so you burn calories more quickly.

• Go for a walk.

• Choose a parking space further from the door.

• Take the stairs.

Call your local health department for more information.



A healthier today for a brighter tomorrow.  
[www.LCDHD.org](http://www.LCDHD.org)