



Apple Fruit Salad

Ingredients

- 4 apples, diced
- 2 bananas, peeled and sliced
- 1 ½ cups seedless grapes
- ½ cup plain low-fat yogurt
- 2 tablespoons orange juice
- ½ teaspoon ground cinnamon

Directions

1. Place fruits into the bowl.
2. Combine the yogurt, orange juice, and cinnamon in a small bowl.
3. Drizzle the yogurt dressing over the fruits.

Nutrition Facts

Serving Size 1 serving (168.14g)
Servings Per Container 8

Amount Per Serving		
Calories	100	Calories from Fat 0
		% Daily Value*
Total Fat	0.5g	1%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrate	26g	9%
Dietary Fiber	3g	12%
Sugars	19g	
Protein	2g	
Vitamin A	2%	• Vitamin C 15%
Calcium	4%	• Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.