

Apple Fruit Salad

Ingredients:

- 2 Golden Delicious apples
- 2 Red Delicious apples
- 2 banana
- 1 1/2 cups seedless grapes, red
- 1/2 cup nonfat plain yogurt
- 2 tablespoons orange juice
- 1/2 teaspoon ground cinnamon

Equipment:

- Cutting Board
- Knife
- Medium bowl
- Small bowl

- Number of Servings: 8
- Prep Time: 15 minutes
- Total Time: 15 minutes

Directions

1. Leave the skin on the apple and cut in half through the core. Then cut each piece in half again until you have 4 quarters. Cut out seeds and core and chop into small pieces.
2. Peel banana, and cut into slices. Cut each slice into quarters.
3. Remove stems from grapes and add to bowl. Cut in half if they are large.
4. Mix fruits together in medium bowl
5. In a smaller bowl, combine yogurt, orange juice and cinnamon and mix together well.
6. Drizzle mixture over fruits.
7. For children, make the yogurt dressing in a squirt bottle to drizzle on their own.

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Nutrition Facts	
Serving Size: 1/2 cup	
Servings: 10	
Amount Per Serving	
Calories 91	Calories from Fat 0
%Daily Value*	
Total Fat trace 1g	1%
Saturated Fat trace 1g	1%
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Protein 2g	3%
Vitamin A 2%	Vitamin C 14%
Iron 4%	Calcium 4%
*Percent Daily Values are based on a 2,000 calorie diet.	

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