

## Title: Fruit Salad

Code
GF, Q, V, \$, RH

Nutrition Facts:	
Yield	4
Calories	171
Total Fat	4 g
Sat Fat	2 g
Sodium	88 mg
Added Sugar	0 g
Carbohydrates	28 g
Protein	8 g
Vitamin A	20 mcg
Vitamin C	78 mg
Potassium	527 mg
Calcium	264 mg

### Ingredients Needed:

- 2 cups strawberries (sliced)
- 1 cup blueberries
- 1 cup pineapple chunks (canned or fresh)
- 3 tablespoons pineapple juice
- 2 cups plain low-fat yogurt (try Greek!)
- 1/8 cup almonds (sliced or slivered)



### Recipe Directions:

- Place fruit in a large bowl and mix with pineapple juice. Let stand for 15 minutes at room temperature.
- Place 1 cup of fruit salad in a small bowl and top with ½ cup of yogurt.
- Sprinkle almonds on top of each fruit salad. Serve immediately