

Fruit Salad With Yogurt

This colorful salad combines sliced strawberries, pineapple chunks, and blueberries coated in pineapple juice. Serve topped with low-fat yogurt and slivered almonds for a treat that looks as good as it tastes.

Makes: 4 servings

Prep Time: 15 minutes

Source: choosemyplate.gov recipe/ Fruit Salad With Yogurt



Small Changes,
BIG Difference!



Ingredients

- 2 cup strawberries (sliced)
- 1 cup blueberries (rinsed)
- 1 cup pineapple chunks (canned, or fresh)
- 3 tablespoon pineapple juice (or any 100% fruit juice)
- 2 cup plain low-fat yogurt
- 1/8 cup almonds (sliced or slivered)

Directions

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

Nutrition Information

Serving Size: 1 Cup	
Nutrients	Amount
Calories:	171
Total Fat:	4 g
Saturated Fat:	2 g
Cholesterol:	7 mg
Sodium:	88 mg
Total Carbohydrates:	28 g
Dietary Fiber:	4 g
Total Sugars:	22 g
Added Sugars:	0 g
Protein	8 g
Vitamin D	0 mcg
Calcium	264 mg
Potassium	527 mg

Utensils Needed

- Knife
- Cutting Board
- Mixing Bowl
- Measuring Cups
- Serving Bowls
- Spoon

SHOPPING LIST

Average total cost without oil and seasonings: \$15.35

Average cost/serving: \$3.84

Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Fresh Strawberries 1 lb



Add 1 to Cart
Plain, Low Fat Yogurt 32 oz



Add 1 to Cart
Fresh Blueberries 1 pint



Add 1 to Cart
Chopped Almonds 6 oz



Add 1 to Cart
Canned Pineapple Chunks in 100% Pineapple Juice
(Tip: Drain and use juice from this can instead of purchasing more juice)

SAVE TIME, SAVE MONEY

My Cooking Notes

Cooking Tips

- Try any combination of fruits you like! Oranges, bananas, grapes, raspberries, and blackberries would work well in this recipe.
- Top with granola or other nuts if preferred.