

Chop, toss and dollop fruit salad

Number of Servings: 4 servings
Preparation Time: 10 minutes

Ingredients:

- 1 cup grapes
- 1 sliced banana
- 2/3 cup pecan halves
- ½ cup cantaloupe cubes
- 1 diced orange
- 1 diced apple
- 3 Tbsp of orange juice
- 3 Tbsp of shredded coconut
- ½ cup of non fat vanilla yogurt

Instructions:

1. Cut and add grapes, banana, pecans, cantaloupe, orange and apple to a large bowl.
2. Pour orange juice over the fruit and nut mixture.
3. Sprinkle shredded coconut over the fruit and nut mixture. Toss.
4. Serve the fruit salad into 4 bowls.
5. Dollop each bowl with 1/8 cup of vanilla yogurt.

Nutrient Analysis (Per 1 serving):

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|---------------------|------|----------------|------|
| Calories (kcal) | 249 | Sodium (mg) | 80 |
| Fat (g) | 14.6 | Vitamin A (µg) | 255 |
| Saturated Fat (g) | 2.3 | Vitamin C (mg) | 42.6 |
| Unsaturated Fat (g) | 12.3 | Calcium (mg) | 240 |
| Protein (g) | 8.0 | Iron (mg) | 0.9 |
| Carbohydrate (g) | 39.7 | Potassium (mg) | 499 |
| Sugar | 27.7 | | |
| Fibre (g) | 8.2 | | |

Nutritional analysis is from Calorie Count: <http://caloriecount.about.com/>

Recipe from <http://www.companyscoming.com/recipes/2009/1/637/>