



Winter Fruit Salad

Servings 6 | Prep time 5 mins. | Total time 5 mins.

Equipment:

Can opener
Cutting board
Medium bowl

Utensils:

Knife
Mixing spoon
Measuring cups and spoons

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and tops of cans.
2. In a medium bowl, mix fruit together until well-combined.
3. Add yogurt and gently mix together.
4. Spoon fruit mixture into serving bowls and sprinkle with granola, if using.

Ingredients

1 20 ounce can pineapple chunks in juice, drained
2 pears, cut into bite-size pieces OR 1 15 ounce can sliced pears in juice, drained
1 15 ounce can sliced peaches in juice, drained
1 16 ounce can apricot halves in juice, drained
1/2 cup vanilla low-fat yogurt
1 cup granola (optional)

Nutritional Information:

Calories 130
Total Fat 0.5g
Sodium 20mg
Total Carbs 32g
Protein 2g