



Winter Fruit Salad

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

Equipment: Can opener, Cutting board, Medium bowl, Measuring cups

Utensils: Knife, Mixing spoon

Ingredients

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

Instructions

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

Nutritional Information:

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