

Martha's Fruit Salad

From the kitchen of Martha Hernandez, Eagle Pass

Preparation time: 15-20 minutes

Number of servings: 12

Ingredients:

½ honeydew melon, cut small

½ pineapple, cut small

2 green apples, cut small

2 red apples cut small

3 bananas, peeled and sliced

16 ounces low-fat vanilla yogurt

Preparation:

1. Mix all ingredients together except bananas.
2. Refrigerate until chilled.
3. Add banana slices to top of fruit salad when ready to serve.

Nutrition information per serving:

FAT: 7% of calories from fat (low)

FIBER: 2 grams (high)

CALORIES: 113



TIP

*Eating more fruit may reduce risk for certain cancers.
Fruit is low in fat, rich in fiber, and rich in vitamins.*