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.