

# Eat Smart • Move More

## Apple Fruit Salad

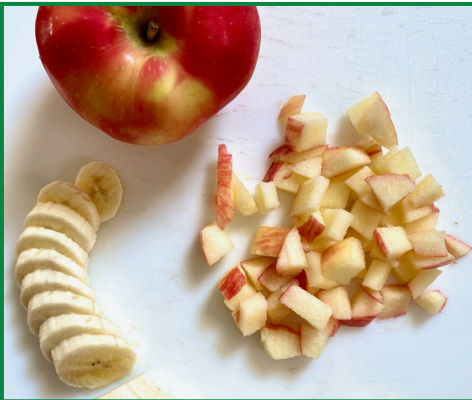
**Prep Time:** 10 minutes

**Total Time:** 15 minutes



### Ingredients

4 apples, diced  
2 bananas, peeled and sliced  
2 cups seedless grapes  
½ cup plain low-fat yogurt  
2 tablespoons orange juice  
½ teaspoon ground cinnamon



### Directions



1. Place fruits into a mixing bowl.



2. Combine the yogurt, orange juice, and cinnamon in a separate mixing bowl.



3. Mix the yogurt dressing over the fruits.

### Quick Tips

- Replace yogurt with Greek yogurt for added protein.
- Add other fruits, such as berries, melons, oranges, and cranberries.
- You can replace the grapes with raisins or dried cranberries.

### Nutrition Facts

8 servings per container

**Serving size** **1 serving**  
(177.58g)

**Amount per serving**  
**Calories** **110**

**% Daily Value\***

**Total Fat** 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 15mg **1%**

**Total Carbohydrate** 28g **10%**

Dietary Fiber 3g **11%**

Total Sugars 20g

Includes g of Added Sugars

**Protein** 2g

Vitamin D 0mcg **0%**

Calcium 41mg **4%**

Iron 0mg **0%**

Potassium 319mg **6%**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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(Recipe adapted from: <https://www.kitchentreaty.com>.)

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