

Eat Smart • Move More

Ensalada de Manzana

Tiempo de Preparación: 10 minutos

Tiempo Total: 15 minutos



Ingredientes

- 4 manzanas, cortadas en dados
- 2 bananas, peladas y cortadas en rodajas
- 2 tazas de uvas sin semillas
- ½ taza de yogur natural bajo en grasa
- 2 cucharadas de jugo de naranja
- ½ cucharadita de canela molida

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.

Consejos Rápidos

- ▶ Reemplace el yogurt con yogurt griego para agregar proteína.
- ▶ Agregue otras frutas como frutos del bosque, melones, naranjas y arándanos.
- ▶ Puede reemplazar las uvas por uvas pasa o arándanos secos.

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Preparación

- Colocar las frutas en un bol.
- Combinar el yogurt, el jugo de naranja y la canela en un bol pequeño.
- Rociar el aderezo de yogurt sobre las frutas.

(Receta adaptada de: <https://www.kitchentreaty.com>)

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