

# Lemon Fruit Dream Salad of the Month – August 2013



Creamy lemon yogurt changes vitamin-C rich fruit into a delicious dessert.

**Prep Time:** 10 Min

**Start to Finish:** 10 Min

**Makes:** 6 servings (1/2 cup each)

## INGREDIENTS

1 can (11 oz.) mandarin orange segments, drained  
1 can (8 oz.) pineapple chunks in juice, drained  
2 bananas, cut in half lengthwise, cut into 1-inch chunks  
1/4 cup halved maraschino cherries, drained  
1 container (6 oz.) Light Fat Free lemon meringue yogurt

## DIRECTIONS

1. In medium bowl, mix all ingredients.
2. Serve immediately.

**Recipe Provides:** Fruits 1/2c

## NUTRITION INFORMATION PER SERVING

<b>Serving Size:</b>	½ cup	<b>Calories:</b>	120	<b>Calories from Fat:</b>	5
<b>Total Fat:</b>	½ g	<b>Saturated Fat:</b>	0 g	<b>Cholesterol:</b>	0 mg
<b>Sodium:</b>	20 mg	<b>Total Carbohydrate:</b>	26 g	<b>Dietary Fiber:</b>	2 g
<b>Sugars:</b>	20 g	<b>Protein:</b>	2 g		



This recipe adapted from [WWW.eatbetterearly.com](http://WWW.eatbetterearly.com)