

Key Lime Fruit Salad

Snack of the Month July - 2015



What could be better than lots of vitamin packed fresh fruit topped with creamy yogurt--mmm!

Prep Time: 15 Min

Start to Finish: 15 Min

Makes: 8 servings

INGREDIENTS

1 container (6 oz.) Thick & Creamy Key lime pie yogurt	2 cups green grapes
2 tablespoons orange juice	1 cup fresh blueberries
2 cups fresh pineapple chunks	2 cups cubed cantaloupe
1 cup strawberry halves	1/4 cup flaked or shredded coconut, toasted

DIRECTIONS

1. In small bowl, mix yogurt and orange juice; set aside.
2. In 2 1/2-quart clear glass bowl, layer fruit in order listed. Pour yogurt mixture over fruit. Sprinkle with coconut. Serve immediately.



Recipe Provides: Fruits 1c

NUTRITION INFORMATION PER SERVING

Serving Size: 1 Serving	Total Fat: 1 ½ g	Saturated Fat: 1 g
Calories: 120	Calories from Fat: 10	Carbohydrates: 25 g
Cholesterol: 0 mg	Dietary Fiber: 2 g	Sodium: 25 mg
Sugars: 20 g	Protein: 2 g	



Recipe adapted from www.eatbetterearly.com