

Fruit Medley with Cinnamon Dressing

Snack of the Month September - 2015



Discover a new way to create a fresh fruit salad using a creamy tofu-soy dressing. It makes a wonderful breakfast or brunch!

Prep Time: 10 Min

Makes: 5 servings

Start to Finish: 10 Min

INGREDIENTS

1/4 package (12-oz size) soft silken tofu
1/4 cup vanilla soymilk
1 tablespoon brown sugar
3/4 teaspoon ground cinnamon
3/4 teaspoon lemon juice
1/2 teaspoon vanilla
1/8 teaspoon salt

1 cup red grapes
1 cup green grapes
1 cup fresh blueberries
1 large apple or pear, cut up
1 banana, sliced
1/4 cup sliced almonds

DIRECTIONS

1. In blender or food processor, place tofu, soymilk, brown sugar, cinnamon, lemon juice, vanilla and salt. Cover; blend on medium-high speed until smooth and creamy.
2. In large salad bowl, mix all remaining ingredients; toss with dressing. Store covered in refrigerator.

Recipe Provides: Fruits 1c, Meat & Beans 1oz-equivalents

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	180	Calories from Fat:	35
Total Fat:	3 1/2 g	Saturated Fat:	0 g	Trans fat :	0 g
Cholesterol:	0 mg	Sodium:	75 mg	Total Carbohydrate:	32 g
Dietary Fiber:	4 g	Sugars:	23 g	Protein:	4 g



This recipe is adapted from WWW.eatbetterearly.com