

Fruit Salad with Honey Vanilla Dressing

Serves: 4

Ingredients

1 six ounce container vanilla flavored yogurt
1 tablespoon honey
1 small orange, juiced
1 sliced banana
8 ounces fresh raspberries
16 ounces fresh strawberries, hulled and cut in half if small, if large cut into fourths
2 cups frozen peach slices, defrosted, and drained

Directions

Combine the yogurt with the honey in a small bowl and set aside. Set 4 raspberries aside. Combine the orange juice and sliced bananas in a separate bowl, then add the berries and peaches. Gently mix all the fruit together. Divide the fruit mixture into 4 small bowls and then divide the yogurt honey mixture on top. Put a saved raspberry on top of the yogurt for a garnish.

Per serving: 164 calories, .4 grams fat, 40 grams carbohydrate, 8 grams fiber, 2 grams protein.

Davis Robinson

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Junior - Fruit & Vegetable