

Fruit Salad with Yogurt

Rating: ★★★★★

Prep time: 25 minutes

Makes: 4 Servings

This colorful salad combines sliced strawberries, pineapple chunks, and blueberries coated in pineapple juice. Serve topped with low-fat yogurt and slivered almonds for a treat that looks as good as it tastes.

Ingredients

- 2 cups strawberries (sliced)
- 1 cup blueberries (rinsed)
- 1 cup pineapple chunks (canned, or fresh)
- 3 tablespoons pineapple juice
- 2 cups plain low-fat yogurt
- 1/8 cup almonds (sliced or slivered)

Directions

1. Place fruit in a large bowl and mix with pineapple juice. Let stand for 15 minutes at room temperature.
2. Place 1 cup of fruit salad in a small bowl and top with 1/2 cup of yogurt.
3. Sprinkle almonds on top of each fruit salad. Serve immediately.

Notes

Any 100% fruit juice can be used instead of pineapple juice.

USDA Center for Nutrition Policy and Promotion



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	171	
Total Fat	4 g	6%
Protein	8 g	
Carbohydrates	28 g	9%
Dietary Fiber	4 g	16%
Saturated Fat	2 g	10%
Sodium	88 mg	4%

MyPlate Food Groups

Fruits	1 cup
Protein Foods	1/2 ounce
Dairy	1/2 ounce

