

Autumn Fruit Salad

Just Say Yes to Fruits and Vegetables

Satisfy your sweet tooth with delicious fall fruit!



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Serves 7 ▪ Serving: 1 cup

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Fresh fruit is full of fiber, which keeps you regular!

Ingredients:

- 2½ cups sliced seedless grapes
- 2 apples, cored and chopped
- 1 banana, peeled and sliced
- 2 pears, cored and chopped
- 1 cup low-fat vanilla yogurt
- 1 teaspoon cinnamon
- 1 tablespoon apple cider or juice
- ½ cup almond slivers or sliced almonds (optional)

Directions:

1. Cut grapes, apples, banana, and pears.
2. Combine fruit in a medium sized bowl.
3. In a small bowl, mix yogurt with cinnamon and apple cider or juice.
4. Pour yogurt mixture and almonds over fruit and stir to combine.
5. Chill and serve.
6. Refrigerate leftovers.