

Fall Fruit Salad with Dressing



Ingredients:

- 2 pears, chopped
- 2 apples, chopped
- 1 cup grapes, halved
- 1/3 cup plain non-fat yogurt
- 1 tablespoon lemon juice
- 1 tablespoon sugar
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon nutmeg

Instructions:

1. Combine fruit in a large bowl. Set aside.
2. In a small bowl, combine yogurt, lemon juice, vanilla, and spices.
3. Pour dressing over fruit and combine gently.
4. Serve promptly.
5. If preparing in advance, cut fruit and toss in lemon juice to preserve and mix with dressing just prior to serving.

Makes 6 servings.



Tarrant County Public Health
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