

# Golden Fruit Salad

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- 2 golden or red delicious apples
- 1 banana
- 1 (8.25 ounces) can pineapple chunks, canned in pineapple juice
- ½ cup red grapes
- ½ cup low fat lemon or orange yogurt

**Makes 10 portions, ½ cup each**

Per portion

Calories:	60
Carbohydrate:	14 grams
Protein:	1 gram
Fat:	0
Saturated fat:	0
Cholesterol:	1 milligram
Sodium:	10 milligrams
Dietary fiber:	1 gram

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1. Wash, core, and slice apples.
  2. Peel and slice banana.
  3. Drain pineapple chunks. Save small amount of juice and pour over apples and banana.
  4. Wash and cut grapes in halves.
  5. Combine all fruit, and mix well.
  6. Serve with yogurt on top.
  7. Serve immediately.