

## **Fruit Salad**

### **4 Servings**

#### *What you need:*

- 2 medium apples, chopped
- 1 tangerine, peeled and chopped
- 1 cup halved seedless grapes
- ½ cup washed and sliced strawberries
- 1 tablespoon chopped fresh mint
- 1 cup nonfat plain yogurt



#### *All you do:*

1. In a large bowl, combine all the ingredients and mix well.
  2. For best flavor, refrigerate overnight.
- \* Feel free to combine whatever fruit is in season! If you used canned fruit, be sure to drain.

Nutrition per serving: Calories 97, Fat < 1 g, Protein 4 g, Carbohydrates 21 g, Cholesterol 1 g, Sodium 45 mg