



Skinny Ambrosia Fruit Salad

Servings: 6 cups

Ingredients

- 1 20 oz. can pineapple chunks, drained
- 2 c. green grapes
- 1 c. strawberries quartered
- 1 c. blueberries
- 1 can mandarin oranges drained
- 1 c. plain Greek yogurt, low fat
- 3 Tbsp. sugar or substitute 2 TBSP Truvia® Sugar Blend
- 1/4 tsp. vanilla

Directions:

1. Combine fruits in a large bowl and mix gently, being careful not to crush mandarin oranges.
2. In a separate bowl, combine Greek yogurt, sugar (or Truvia® Sugar Blend), and vanilla and mix well.
3. Gently fold Greek yogurt sauce into fruit salad.

Nutrition Information based on 1 serving:

Calories: 151.5	Total Fat: 1.2 g	Total Carbohydrate: 33 g	Dietary Fiber: 3 g
Protein: 5.5 g	Sodium: 18 mg	Calcium: 73 mg	Iron: 0.7 mg