

Creamy Fruit Salad

Prep Time: 10 minutes Yield: 4 servings

Method:

1. **DICE** all of the fruit.
2. **ADD** the yogurt, honey, vanilla, cinnamon, and lemon juice.
3. **TOSS** together and **ENJOY!**

Variations:

- Swap fruits of fruit salad with seasonal fruits, including different textures and colors.
- Add on nuts or seeds as toppings.
- Use fruit salad as a topping for other dishes like oatmeal, banana smash or overnight oats.
- Use brown sugar instead of honey.
- **BREAKFAST BAR FRIENDLY RECIPE** - individuals can add their own toppings.



Ingredients:

- 1 container of strawberries, cut in quarters
- 2 ripe bananas, diced
- 2 apples, diced
- 1 cup low-fat/non-fat plain Greek yogurt
- 1 lemon, juiced
- 1 tbsp vanilla extract
- 1 tbsp honey
- Cinnamon, to taste
- Mangos
- Pineapple
- Kiwis
- Granola

May contain tree nuts or nut product.