

Fancy Fruit Salad

Walnuts are high in Omega-3 which is good for your brain. Try eating this salad before big test to boost your brain power!

Serves 6



Ingredients

- ¼ cup orange juice
- ½ cup plain lowfat yogurt
- 4 cups fresh fruit, chopped
- ½ cup walnuts, chopped
- Note: Any fruit will work, use your favorites or try new combinations using what is in season

Nutrition Facts

Serving Size About 3/4 Cup
Servings Per Recipe 6

Amount Per Serving

Calories 130 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 20mg **1%**

Total Carbohydrate 16g **5%**

Dietary Fiber 2g **8%**

 Sugars 12g

Protein 3g

Vitamin A 20% • **Vitamin C** 30%

Calcium 6% • **Iron** 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | | Calories: 2,000 | 2,500 |
|--------------------|-----------|-----------------|---------|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions

1. Whisk together orange juice and yogurt to create a creamy sauce.
2. Pour sauce over chopped fruit and sprinkle walnuts over the top.

Please note: nutritional values are approximate.

