# 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

## 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.

## 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

Please note: nutritional values are approximate.

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