

Musical Fruit Melodies



CHOICES
Steps Toward
Health

Serves 8

Choose your own favorite fruits, such as:

- 2 cups fresh or canned pineapple, cut in chunks
- 1 large banana, sliced
- 1 cup seedless grapes
- 1 orange, peeled and sliced
- 1 apple, cored and sliced
- 2 cups strawberries, whole

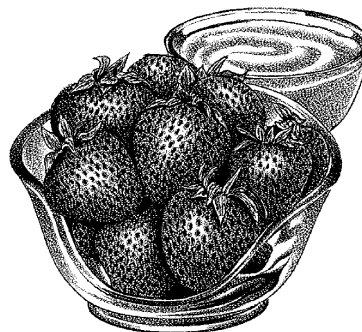
Dip:

- 1 cup (8 ounces) vanilla yogurt, low-fat
- 1 cup strawberries, chopped

TIPS:

- Keep the peel on the apple for added fiber.
- Yogurt is a great low-fat dip for fruit.
- Serve for breakfast, dessert, or a snack.

1. Wash and slice or chop fruit.
2. Arrange fruit, except for chopped strawberries, on a large platter.
3. Combine yogurt with chopped strawberries in a small bowl.
4. Dip fruit into strawberry-yogurt mixture.



Nutrition Facts: Serving size: 1 cup; Calories: 110; Fruits and Vegetables: 2; Fat: 1 g; Fiber: 3 g



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