

FRUIT SALAD + YOGURT DRESSING

Ingredients: Fruit Salad

- 1 cup blueberries
- 1 cup strawberries
- 1 cup green or red grapes, cut in half
- 1 apple chopped into cubes
- 1-2 peaches chopped into cubes
- 1 mango chopped into cubes
- 2 kiwi, peeled and cut into cubes
- 1 cup walnuts
- Optional mint leaves

Ingredients: Yogurt Dressing

- 1 cup plain greek yogurt
- ¼ cup honey
- 2 tsp vanilla
- 1-2 lemons, juice and zest
- ½ tsp cinnamon



Instructions:

1. Wash and dry all fruit. You can substitute any fruits listed above for your favorite or those in season.
2. Cut strawberries, apples, peaches, mango, kiwi, and grapes into bite size pieces and add to a large mixing bowl.
3. In a separate bowl, add all the yogurt dressing ingredients and whisk until fully combined.
4. Pour the dressing over fruit and mix until all fruit is fully covered with the dressing.
5. Cover and refrigerate before serving for at least 2 hours. Garnish with mint when ready to serve.

Eat within 4 days for freshness