

Summer Fruit Salad with Lime Yogurt Sauce

Prep: 10 minutes | Cook: 0 minutes | Total: 10 minutes

Yield: 4 servings | Serving Size: 1 cup fruit with 2 tablespoons sauce

Ingredients

- 1 cup strawberries
- 1 cup grapes
- ½ pint blackberries
- ½ pint raspberries
- 1 kiwi fruit, peeled and sliced
- 1 (6 ounce) container plain nonfat Greek yogurt
- 1 teaspoon honey
- 1 lime, juice and zest

Directions

1. Rinse all fruit under cool running water.
2. Remove stems from strawberries and grapes and cut in half.
3. Gently toss all fruit into a large bowl, set aside.
4. In a small bowl, combine the Greek yogurt, honey, lime juice and zest.
5. Combine yogurt sauce with fruit just before serving.

Recipe Notes

- Substitute any of your favorite seasonal fruits.
- Vary the flavor by using flavored yogurt such as vanilla or key lime (omit the honey if using flavored yogurt)
- Try different juice and zest (i.e. lemon or orange) instead of lime.

**Nutrition Facts Per Serving: Calories: 110 | Total Fat: 1 g | Saturated Fat: 0 g
Sodium: 20 mg | Total Carbohydrate: 23 g | Dietary Fiber: 6.5 g | Protein: 6 g**

Adapted from Jessica Long, RDN | Submitted by Kristen Bertram, RDN
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