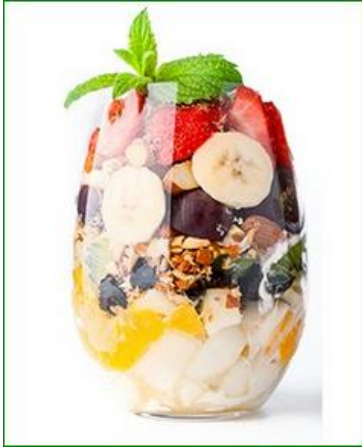


Hybrid Fruit Salad



Ingredients:

- 1- 16 ounce can fruit cocktail, drained
- 2 bananas, sliced
- 2 oranges, peeled and cut into bite-size pieces
- 2 apples (your favorite variety), cut into bite-size pieces
- 1/4 cup strawberries, cut into bite-sized pieces
- 1 cup yogurt, low-fat piña colada or vanilla
- 4 sprigs of mint (optional for garnish)

Directions:

1. Mix fruit in a large bowl.
2. Add yogurt and mix well.
3. Chill in refrigerator before serving.

Makes 4 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>