

# Fruit Salad

## Ingredients

2 medium apples, chopped	1/2 cup washed and sliced strawberries
1 mandarin orange, peeled and chopped	1 tablespoon chopped fresh mint
1 cup halved seedless grapes	1 cup plain yogurt

## Directions

1. In a large bowl, combine all the ingredients and mix well.
2. For best flavor, refrigerate overnight.



*Makes 4 servings*

*Nutrition information per serving:  
Calories 97, Fat < 1 g, Protein 4 g,  
Carbohydrates 21 g, Cholesterol 1 g,  
Sodium 45 mg*