# Crisp Fruit Salad Serves: 6 (makes about 4½ cups)

Serving size: ¾ cup = Cost/serving: \$.64



### Ingredients:

1 red apple

1 pear

1 teaspoon lemon juice

1 cup seedless grapes, halved

½ cup raisins

1 container (6 ounces) low fat, sugar free vanilla yogurt

2 tablespoons low fat mayonnaise-type salad dressing

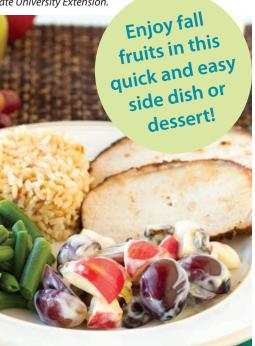
#### **Directions:**

- 1. Wash fruit under cool running water.
- Chop apple and pear (leave skin on). Add to large serving bowl and toss with lemon juice.
- 3. Add grapes and raisins to bowl.
- Combine yogurt and salad dressing in a small bowl and spread over fruit.
- 5. Stir to combine. Refrigerate. Best eaten the day it is prepared.



Recipe adapted with permission from Iowa State University Extension.





An EEO/Affirmative Action employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. WNEP education is supported by the USDA Supplemental Nutrition Assistance Program (SNAP), UW-Extension, Food Share Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet.

To learn more, contact your local FoodShare office or visit http://access.wisconsin.gov.

## Crisp Fruit Salad Serves: 6 (makes about 4½ cups)

Serving size: 3/4 cup = Cost/serving: \$.64



### **Ingredients:**

1 red apple

1 pear

1 teaspoon lemon juice

1 cup seedless grapes, halved

½ cup raisins

- 1 container (6 ounces) low fat, sugar free vanilla yogurt
- 2 tablespoons low fat mayonnaise-type salad dressing

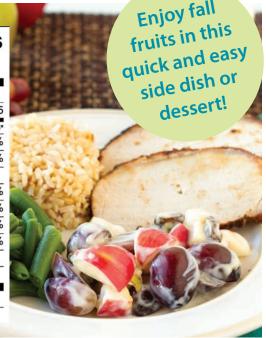
### **Directions:**

- 1. Wash fruit under cool running water.
- Chop apple and pear (leave skin on). Add to large serving bowl and toss with lemon juice.
- 3. Add grapes and raisins to bowl.
- 4. Combine yogurt and salad dressing in a small bowl and spread over fruit.
- 5. Stir to combine. Refrigerate. Best eaten the day it is prepared.



Recipe adapted with permission from Iowa State University Extension.





An EEO/Affirmative Action employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. WNEP education is supported by the USDA Supplemental Nutrition Assistance Program (SNAP), UW-Extension, Food Share Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet.

To learn more, contact your local FoodShare office or visit http://access.wisconsin.gov.