Ingredients:

1 cup pineapple chunks
1 large apple, chopped
1 banana, sliced
1 orange, chopped
3/4 cup low-fat piña colada yogurt

Directions:

1. Put pineapple chunks in a medium mixing bowl.
2. Prepare apples, banana, and orange as directed and add to bowl.
3. Add yogurt to bowl and mix gently with a spoon until fruit is well coated.
4. Refrigerate leftovers within 2 hours.

Tips:

- For a different taste, try adding different fruits like grapes, blueberries, huckleberries, or peach slices.
- Try vanilla yogurt instead of piña colada yogurt.

Servings: 8
Serving size: 1/2 cup

Nutrition information (per serving):
- Calories: 70
- Total Fat: 0g
- Cholesterol: 0mg
- Dietary Fiber: 2g
- Sodium: 15mg

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