

# FALL FRUIT SALAD

*Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian*

Serves: 4 (Serving= 1 cup)

## Nutrition (per serving)

Calories: 185

Total Fat: 9 g

Saturated Fat: 1 g

Sodium: 127 mg

Total Carbohydrate: 25 g

Dietary Fiber: 5 g

Protein: 4 g



## Ingredients

- 2 large sweet apples, chopped (about 2 cups)
- 2 medium pears, chopped (about 2 cups)
- 1/2 cup peanuts
- 1 teaspoon lemon juice
- 1 teaspoon cinnamon
- 2 Tablespoons light mayonnaise
- 2 Tablespoons light very vanilla yogurt

## Directions

1. Place all ingredients in a medium bowl and toss to coat.



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