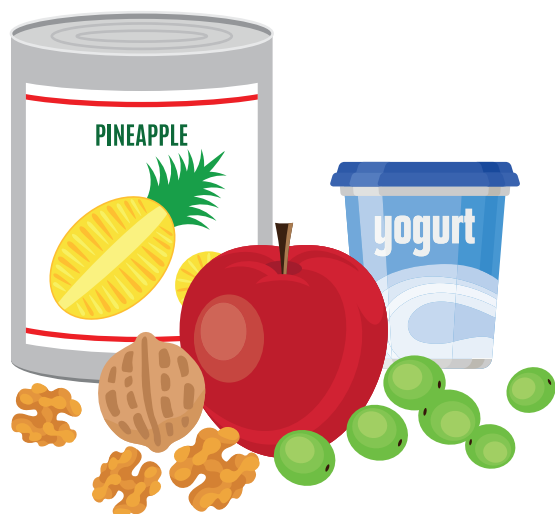




## Soul Food Makeover: Fruit Salad Recipe

<b>1 teaspoon</b>	lemon juice
<b>1 medium</b>	apple, cored and chopped
<b>1 can (8 ounces)</b>	pineapple chunks in juice, drained
<b>1 can (15 ounces)</b>	peaches in juice, drained
<b>1 cup</b>	grapes, halved
<b>½ cup</b>	plain, nonfat Greek yogurt
<b>2 tablespoons</b>	walnuts (shelled and chopped)

1. Cut up the apples and grapes.
2. Drain the pineapple chunks and peaches.
3. Combine fruit in a large bowl.
4. Stir in Greek yogurt and walnuts until combined.
5. Refrigerate and serve when chilled.



### Makes 12 servings

<b>Serving size:</b> ½ cup	<b>Sodium:</b> 6 mg
<b>Calories:</b> 65	<b>Dietary Fiber:</b> 1 g
<b>Total Fat:</b> 1 g	<b>Protein:</b> 2 g
<b>Saturated fat:</b> 0 g	<b>Total Carbohydrates:</b> 14 g
<b>Cholesterol:</b> 1 mg	<b>Total Sugars:</b> 11 g