



## Fruit and Yogurt Bowl

4 Servings • 1 Serving =  $\frac{1}{4}$  of the Fruit and  $\frac{1}{4}$  Cup Yogurt Dip

### INGREDIENTS

- 1 cup plain yogurt
- 1 teaspoon honey
- $\frac{1}{4}$  teaspoon cinnamon
- $\frac{1}{4}$  teaspoon ginger
- 1 apple
- 1 pear or 1 cup canned sliced pears
- 1 peach or 1 cup canned sliced peaches
- Optional: 4 strawberries

### DIRECTIONS

1. In a bowl, combine the yogurt, honey, cinnamon, ginger, and mix well.
2. Chop the apple and add to a large bowl.
3. If using fresh, chop the pear and add to the bowl. If using canned, drain and rinse before adding to the bowl.
4. If using fresh, chop the peach and add to the bowl. If using canned, drain and rinse before adding to the bowl.
5. Slice the strawberries in half and add to the bowl. Stir to combine the fruit.
6. Divide the apple slices, pear slices, peaches, and strawberries into 4 bowls. Top with  $\frac{1}{4}$  cup yogurt dip.

Nutrition Facts	
servings per container	
Serving size	(174g)
Amount per serving	
Calories	100
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 30mg	1%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	11%
Total Sugars 17g	
Includes 5g Added Sugars	10%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 81mg	4%
Iron 0mg	0%
Potassium 234mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe developed by San Antonio Independent School District - Child Nutrition Services

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