

FRESH FRUIT SALAD WITH YOGURT DRESSING

Makes 6 servings of approximately 1 cup each

INGREDIENTS:

- **6 cups fresh mixed fruits, chopped (apples, bananas, berries)**
- **1 cup fat-free strawberry or vanilla yogurt**
- **1/4 teaspoon almond extract**
- **1/4 teaspoon ground cinnamon**
- **1 tablespoon sweetened coconut**



DIRECTIONS:

- **Place fruit in a large salad bowl**
- **In a small bowl, mix yogurt, almond flavoring, and cinnamon**
- **Pour yogurt mixture over fruit. Toss well to coat. Sprinkle with coconut and serve.**

The Food and Mood Cookbook by Elizabeth Somer: page 137