

# Fruit Salad Science

a recipe by Dole Food Company

Serves 4

## Ingredients:

### Summer Cream

- 2 cups low-fat Greek yogurt
- 1 ½ tbsp maple syrup or honey
- 1 small lemon, zest of
- 1 tsp vanilla extract
- ¼ cup low-fat milk (if needed)

### Fresh Fruit

- 1 cup strawberries, hulled, cut in half
- 2 bananas, peeled and cut into even rounds
- 2 plums, cut into bite sized pieces
- 2 nectarines, cut into bite sized pieces

## Directions:

1. In a medium size bowl, stir all the summer cream ingredients together. If the yogurt is too thick to pour, add milk, a little at a time, until you have the consistency of thick cream.
2. Place all the fruit into a salad bowl and gently toss together.
3. Pour the cream over the fruit and serve.

## Nutrition Facts

Serving Size (338g)  
Servings Per Container

Amount Per Serving

**Calories 220**      **Calories from Fat 25**

**Total Fat 3g**      **5%**

Saturated Fat 1.5g      **8%**

Trans Fat 0g

**Cholesterol 10mg**      **3%**

**Sodium 45mg**      **2%**

**Total Carbohydrate 40g**      **13%**

Dietary Fiber 4g      **16%**

Sugars 30g

**Protein 12g**

Vitamin A 8%      •      Vitamin C 60%

Calcium 10%      •      Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

