



Photo by: Oxmoor House

Fruit Salad with Honey-Yogurt Sauce

Honey-sweetened yogurt spooned over fresh fruit is a refreshing addition to any meal but especially **brunch**. You can prepare and refrigerate the yogurt sauce up to a day in advance. You can also combine and refrigerate the fruit mixture (except the banana) up to three hours ahead; stir in the banana just before serving to prevent discoloring.

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Yield: 6 servings (serving size: 1 1/4 cups fruit mixture, 2 tablespoons sauce, and 2 teaspoons almonds)

Ingredients

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| 1 cup vanilla low-fat yogurt | 1 cup orange sections (about 2 oranges) |
| 1 tablespoon honey | 1 cup chopped peeled kiwi (about 2 large) |
| 1 1/2 teaspoons grated lime rind | 1/3 cup flaked sweetened coconut |
| 3 cups cubed pineapple (about 1 medium) | 1 medium banana, sliced |
| 1 1/2 cups chopped Braeburn apple (about 1 large) | 1/4 cup slivered almonds, toasted |

Preparation

Combine yogurt, honey, and lime rind in a small bowl.

Combine pineapple and next 4 ingredients (through coconut) in a large bowl; toss gently to combine. Just before serving, stir in banana. Top fruit mixture with yogurt sauce; sprinkle with almonds.

Nutritional Information

Amount per serving

Calories: 196 Calories from fat: 22% Fat: 4.8g Saturated fat: 1.8g Monounsaturated fat: 1.7g
 Polyunsaturated fat: 0.8g Protein: 4.3g Carbohydrate: 37.9g Fiber: 4.7g Cholesterol: 2mg
 Iron: 0.9mg Sodium: 40mg Calcium: 111mg

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