

FALL FRUIT SALAD

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 4 (Serving= 1 cup)

Nutrition (per serving)

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|--------------------|------------------------|
| Calories: 185 | Total Carbohydrate: 25 |
| Total Fat: 9 g | Dietary Fiber: 5 g |
| Saturated Fat: 1 g | Protein: 4 g |
| Sodium: 127 mg | |

Ingredients

- 2 large sweet apples, chopped (about 2 cups)
- 2 medium pears, chopped (about 2 cups)
- 1/2 cup peanuts
- 1 teaspoon lemon juice
- 1 teaspoon cinnamon
- 2 Tablespoons light mayonnaise
- 2 Tablespoons light very vanilla yogurt

Directions

1. Place all ingredients in a medium bowl and toss to coat.