

# AUTUMN FRUIT SALAD



**FRUITS ARE AN EXCELLENT SOURCE OF ESSENTIAL VITAMINS AND MINERALS, AND THEY ARE HIGH IN FIBER. TAKE ADVANTAGE OF PEARS WHEN THEY ARE AT THEIR BEST DURING FALL AND WINTER!**

## NUTRITION

- Serving Size: 4
- Calories: 140 calories
- Carbohydrates: 19.7 g
- Protein: 2.6 g
- Sugars: 13.7 g

## INGREDIENTS

- 2 RIPE PEARS (OR APPLES)
- 2 TABLESPOONS OF LEMON JUICE
- 1/3 CHOPPED PECANS, TOASTED
- 1/4 CUP PLAIN LOW-FAT GREEK YOGURT
- 1 TABLESPOON HONEY OR AGAVE NECTAR
- 1 PINCH GROUND CINNAMON

## DIRECTIONS

- CUT THE PEARS (OR APPLES) INTO SQUARE CUBES.
- COMBINE PEARS AND AND LEMON JUICE IN A MEDIUM BOWL. STIR IN PECANS.
- COMBINE YOGURT AND HONEY (OR AGAVE NECTAR) IN A SMALL BOWL. TOP EACH SERVING OF THE PEAR MIXTURE WITH SOME YOGURT MIXTURE.
- IF DESIRED, SPRINKLE SOME CINNAMON ON TOP.