



Creamy Coconut Fruit Salad

Makes about 5½ cups

1 (20 oz) can chunk pineapple, drained

1 (16 oz) can mandarin oranges, drained

1 cup low-fat vanilla yogurt or low-fat sour cream

½ cup shredded coconut

In a bowl, combine all ingredients well. Chill until serving.

*nutrition analysis is using yogurt

Per ½-cup: 80 calories, 2 g fat, 2 g protein, 16 g carbohydrate, 25 mg sodium

This recipe is a Foot Steps to Health recipe providing a serving of fruit or vegetable and is 500 Club approved