

Apple-Banana Waldorf Salad

Ingredients (makes 8 servings)

- 4 cups (32 ounces) Low-fat or non-fat vanilla yogurt
- 4-5 Bananas, peeled and sliced
- 3 Apples, cored and cubed
- 1 can (20 ounce) Pineapple chunks or tidbits, drained
- 1-2 teaspoons Cinnamon
- 2 Tablespoons Ground or chopped walnuts

Directions

1. Mix all ingredients together in a large mixing bowl.
2. Refrigerate until ready to serve.

Nutrition Information- Per serving

| | | | | | |
|--------------|-----|---------------|------|-------------|------|
| Calories | 230 | Total Sugars | 38g | Sodium | 80mg |
| Protein | 7g | Total Fat | 4g | Cholesterol | 6mg |
| Carbohydrate | 47g | Saturated Fat | 1.3g | Fiber | 3.5g |



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