

CREAMY RAINBOW FRUIT SALAD



This heart-healthy treat is loaded with potassium, a nutrient that supports healthy blood pressure.

Enjoy for breakfast, as a snack, or for dessert!

INGREDIENTS

Serves 6 (1 ½ cup servings)

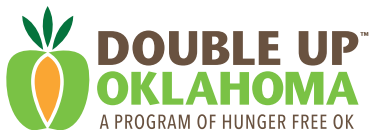
- 1 cup nonfat plain yogurt
- 1 tablespoon honey (optional)
- ½ teaspoon vanilla (optional)
- ½ orange, juiced (about ¼ cup)
- 1 bunch grapes, halved (about 2 cups)
- 1 banana, sliced
- 4 cups mixed berries (strawberries, blueberries, raspberries, and/or blackberries (fresh or frozen)
- ¾ cup pecans, sliced almonds, or walnuts

DIRECTIONS

1. Combine yogurt, honey, and vanilla in a medium bowl and set aside.
2. Mix orange juice and sliced banana, then add the rest of the berries and grapes and mix gently.
3. Spoon the fruit into serving bowls. Top fruit with yogurt or combine all ingredients for a creamy fruit salad. Sprinkle each bowl with 2 tablespoons of chopped nuts.

Nutrients per serving (when using pecans): 244 calories, 12 g total fat (1 g saturated), 32 g total carbohydrates (5 g dietary fiber), 5 g protein, 35 mg sodium, 519 mg potassium, 119 mg calcium, 55 mg magnesium





The Double Up Oklahoma (DUO) Program provides Supplemental Nutrition

Assistance Program (SNAP) beneficiaries with a \$1 for \$1 match, up to \$20 per day, to purchase healthy, fresh fruits and vegetables at participating farmers markets and grocery stores in Oklahoma. DUO for Health partners with Oklahoma physicians and other health care providers to help spread the word to their patients about the health benefits of eating more fruits and vegetables. Visit www.doubleupoklahoma.org to find a DUO-participating farmers market or grocery store location near you.



This recipe was developed by the OU Culinary Medicine Program and professionally reviewed by a registered dietitian to ensure it aligns with dietary guidelines for people living with type 2 diabetes and cardiovascular disease. For more help with a personalized meal plan based on your health goals, you can ask your provider for a referral to see a registered dietitian.

Looking for more healthy eating resources?

Scan the QR codes below with your phone's camera for free information.



Learn Safe Knife Skills for Fruits, Vegetables, and Fresh Herbs



Explore More Family-Friendly Recipe Ideas



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