

MINTY WINTER FRUIT DELIGHT



INGREDIENTS:

- 4 mandarins, peeled and segments pulled apart
- 2 apples, cored and diced
- 2 bananas, sliced
- 1 small container plain Greek yogurt
- ¼ cup mint, finely chopped
- 1 lime, freshly squeezed

INSTRUCTIONS:

1. Place the all the prepared fruit into a medium size bowl.
2. In a small bowl, whisk the yogurt, lime juice, and honey with a fork until combined.
3. Pour dressing over the fruit and gently mix. Fold in chopped mint.
4. Serve and enjoy!

Yield: 20 tastings

Source: *Nutrition Department Original*

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HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services

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