

Berry Blue Salad

Ingredients:

2 cups blueberries (fresh or frozen)

½ cup unsalted pecans, chopped

2 apples, diced

½ cup fat free whipped topping (e.g. cool whip)

1 (15oz.) can of low- sugar, crushed pineapple, drained

Combine all ingredients in a bowl. Serve immediately or refrigerate and serve cold. Refrigerate leftovers.

Nutritional Information:

Total Fat: 6g (Unsat: 5.5g, Sat: 0.5g, Trans: 0g) Calories: 140

Carbohydrates: 24g Protein: 1g Sodium: Trace Fiber: 4g

