

## Poppy Seed Fruit Salad

### Ingredients:

1 cup mashed banana

¼ cup sugar

1 tbsp. lemon juice

¾ tsp. salt

1 cup sour cream, **fat-free**

2 tsp. poppy seeds

5 cups apples

1 cup drained pineapples (**low sugar**)

1 (11oz.) can mandarin oranges, drained

3 cups in season fruit (strawberries, grapes, raspberries, etc.)

1 tbsp. almonds, sliced

In a small bowl mash the bananas. Add sour cream, sugar, poppy seeds, lemon juice and salt. Chill for at least 30 minutes to enhance flavor. In a large bowl, combine apples, oranges, pineapples, and other fruit. Stir in the dressing and sprinkle almonds on top.

### Nutritional Information:

Total Fat: 1g    Calories: 120    Carbs: 29g    Fiber: 3g

Protein: 2g    Sodium: 0mg    Cholesterol: 0mg

