



Autumn Fruit Salad

Ingredients:

Fruit Salad:

2 medium Bartlett pears (or other ripe but firm pears)

2 medium apples (a crisp variety like honeycrisp or pink lady)

2 plums

Dressing:

1/3 cup plain Greek yogurt

2 tsp freshly grated lemon zest (from 1 medium lemon)

1 tbsp fresh lemon juice (from zested lemon)

2 tbsp pure maple syrup (can substitute honey)

½ tsp vanilla extract

½ tsp cinnamon

¼ tsp ground nutmeg (optional)

Topping (optional):

1/3 cup walnuts, chopped

Instructions:

To make fruit salad:

1. Use #3 cone to process (or cut into chunks) pears, apples, and plums into a large bowl. Set aside.

To make dressing:

1. In a small bowl, add the yogurt, lemon zest, lemon juice, maple syrup, vanilla, cinnamon, and nutmeg. Use a wire whisk to blend well.
2. Drizzle the dressing over the fruit. Toss gently until fruit is covered. Scoop into bowls and sprinkle with walnuts. Serve immediately or chill.

Nutritional Information as presented:

With walnuts

1 cup = 1 serving

Serves 11

- Calories: 72.1 kcal
- Fat: 2.5 g
- Saturated Fat: 0.2 g
- Cholesterol: 0.0 mg
- Sodium: 4.4 mg
- Carbohydrates: 12.2 g
- Fiber: 1.9 g
- Sugar: 9.4 g
- Protein: 1.6 g

Nutritional Information as presented:

Without walnuts

1 cup = 1 serving

- Calories: 48.6 kcal
- Fat: 0.1 g
- Saturated Fat: 0 g
- Cholesterol: 0 mg
- Sodium: 4.3 mg
- Carbohydrates: 11.7 g
- Fiber: 1.6 g
- Sugar: 9.3 g
- Protein: 1.1 g