

## Four Fruit Salad

### Ingredients:

- 1 cup grapes, seedless
- 1 cup orange segments
- 1 apple (large), cut-up
- 1 pear (large), cut-up

### Directions:

1. Toss all ingredients together.

### Serving suggestions

- Serve on lettuce line plate with scoop of low-fat cottage cheese and light dressing.
- Serve in a glass dish, top with a scoop pf sherbet.
- Serve in a bowl topped with yogurt.

### Nutritional Facts:

Calories: 78

Fiber: 3 g

Fat: 0 g

Sodium: 1 mg

Cholesterol: 0 mg