Poppy Seed Fruit Salad Ingredients:

1 cup mashed banana

1/4 cup sugar

1 tbsp. lemon juice

3/4 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