



Growing connections to fresh food.

Honey-Yogurt Fruit Salad

Inspired by TheLemonBowl.com

For more recipes: www.hopelink.org/need-help/food/healthy-recipes

Ingredients:

- 1 cup plain low fat Stonyfield organic yogurt
- 2 tablespoons honey
- 1 banana sliced
- 1 apple cored and chopped
- 1 mango - pit removed chopped
- 1 cup blueberries
- 1 cup strawberries quartered

Method:

1. Whisk together yogurt and honey in the bottom of a large bowl.
2. Stir in fruit and toss until combined.
3. Serve immediately or refrigerate for up to 3 days.



www.hopelink.org/take-action/hopelink-harvest



Growing connections to fresh food.

Honey-Yogurt Fruit Salad

Inspired by TheLemonBowl.com

For more recipes: www.hopelink.org/need-help/food/healthy-recipes

Ingredients:

- 1 cup plain low fat Stonyfield organic yogurt
- 2 tablespoons honey
- 1 banana sliced
- 1 apple cored and chopped
- 1 mango - pit removed chopped
- 1 cup blueberries
- 1 cup strawberries quartered

Method:

1. Whisk together yogurt and honey in the bottom of a large bowl.
2. Stir in fruit and toss until combined.
3. Serve immediately or refrigerate for up to 3 days.



www.hopelink.org/take-action/hopelink-harvest



Growing Connections to Fresh Food

