Creamy Fruit/Vegetable Salad

Ingredients:
- 1 cup fresh, frozen OR canned fruit
- OR
- 1 cup fresh OR frozen vegetables
- ½ (8 ounces) container flavored lowfat yogurt

Directions:
1. Depending on fresh, frozen or canned fruits or vegetables used:
   - CHOP fresh ingredients OR
   - THAW frozen ingredients OR
   - DRAIN canned ingredients
2. In a small bowl, MIX all ingredients together. COVER and REFRIGERATE until ready to serve

Variations:
Examples of fruits: pineapple, orange, banana, papaya, mango, apple, or raisins.
Examples of vegetables: frozen vegetable combinations, fresh cabbage, carrots, broccoli, cauliflower, green beans, and/or zucchini.
Make your own combination of vegetables and fruits.
Chopped nuts may be added.