

Tropical Fruit Salad with Lime Yogurt Sauce



Serves: 8

INGREDIENTS

Sauce

1 cup (240 milliliters) unsweetened plant-based yogurt*

1 to 2 tablespoons (15 to 30 milliliters) date puree, maple syrup, agave syrup, or honey

1½ teaspoons (7.5 milliliters) grated lime zest

Fruit

1 small pineapple or 2 mangoes, medium dice

1 large apple with peel, medium dice

2 oranges, sectioned

3 kiwifruits, peeled and sliced

1 large banana, peeled and sliced

Optional toppings

Scant ¼ cup (25 grams) unsweetened coconut flakes

Scant ¼ cup (30 grams) toasted sliced almonds or roasted chopped nuts

This fruit salad has a decidedly tropical twist and is the perfect end to a meal on a hot summer day or in cold winter months when you're dreaming of warm weather.

INSTRUCTIONS

1. **Sauce:** Stir together yogurt, 1 tablespoon (15 milliliters) sweetener, and lime zest; add more sweetener, to taste, if needed.
2. **Fruit:** Combine all fruit in a serving bowl.
3. To serve, either stir together sauce and fruit or portion fruit into bowls and drizzle sauce over the top. Top with a generous teaspoon each of coconut flakes and nuts.

NOTES

- *The plant-based yogurt used in this recipe for the purposes of the nutrition information had no added calcium. Calcium content will be higher if choosing an option with added calcium.

Nutritional Info (per ⅓ recipe): Calories 137, Total Fat 4.4 g, Saturated Fat 1.6 g, Cholesterol 0 mg, Sodium 3.4 mg, Total Carbohydrate 25.2 g, Dietary Fiber 3.8 g, Sugars 16 g, Protein 2.2 g, Vitamin A 0%, Vitamin C 95%, Calcium 4%*, Iron 3%

► To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.