

Fruit Salad with Frozen Yogurt



INGREDIENTS

1. 3 tablespoons honey
2. 3 tablespoons lemon juice
3. 1 medium apple, cored and chopped
4. 1 medium plum, pitted and sliced
5. 1 large orange, peeled and sliced into 1/4-inch rounds
6. 1 large grapefruit, peeled and sectioned
7. 1 medium banana, peeled and sliced into rounds
8. 1 quart frozen nonfat vanilla yogurt

Method:

1. In a large bowl, whisk together the honey and lemon juice. Stir in the fruit.
2. Serve the fruit, topped with a scoop of frozen yogurt.