

Fruit Salad with Orange Honey Yogurt

Ingredients

YIELDS: 5 servings PREP TIME: 10 minutes

Fruit Salad

- 5 cups (1¼ L) fresh fruit (melon, bananas, grapes, oranges, berries) or other seasonal fruits

Orange Honey Yogurt Sauce

- 1 orange
- 1 1/4 cup (300 mL) vanilla yogurt
- 3 tbsp. (45 mL) honey
- 1/2 tsp vanilla extract



EQUIPMENT: 4 cutting boards / 4 knives / liquid measuring cup / mixing bowl (large) / mixing bowl (small) / set of measuring spoons / grater / set of bowls and spoons for sampling / spoon

Directions

Fruit Salad

- 1) Thoroughly wash all fruit under cool running water.
- 2) Peel and cut fresh fruit into bite-size pieces.
- 3) Place in a large bowl and mix to combine.

Orange Honey Yogurt Sauce

- 4) Using grater, grate orange skin to create zest. Cut up remainder of orange and add to fruit salad.
- 5) In a small bowl, combine yogurt, orange zest, honey, and vanilla. Mix well.

- 6) Dressing can be added as a drizzle on top of fruit salad (if desired) or mixed gently with the fruit salad.

Chef's Tip



Any kind of fresh fruit works well in a fruit salad.
For information on what is in season visit
www.ontario.ca/foodland/page/availability-guide

Let's Get Cookin'!

