Fresh Fruit Salad

Ingredients:

- 2 red grapefruits, peeled and segmented
- 18 ounces fresh blackberries
- 1—2 mint Leaves, sliced thin
- 5-ounces Vanilla Greek yogurt

Directions

1. Combine grapefruit sections and blackberries. Transfer to serving dish.
2. Top with mint leaves, sea salt, and Greek yogurt; Serve.

Nutrition Facts

Serving Size (317g)
Servings Per Container 4

Amount Per Serving

Calories 140	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 15mg	**1%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 12g	**48%**
Sugars 19g	
Protein 6g	

Vitamin A 20% • Vitamin C 150%

Calcium 10% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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Source: wonkywonderful.com