

## Featured RECIPE

### Creamy Frozen Fruit Dessert

- 4-5 honey tangerines (about 2 cups of segments)
- 2 bananas, peeled and sliced
- 1 cup crushed pineapple in juice
- 1 cup low-fat vanilla yogurt
- ½ cup miniature marshmallows
- ½ cup frozen reduced-calorie whipped topping, thawed
- ¼ cup sliced almonds
- Grated peel (zest) of 2 tangerines

1. Combine fruit in large bowl and set aside.
2. In small mixing bowl, blend remaining ingredients; gently fold into fruit and place in serving dish. Freeze until firm (1-2 hours).
3. Remove from freezer and let stand at room temperature for 12 minutes before serving.



#### **MAKES 7 (1-cup) servings. Per serving:**

158 calories • 3.5g protein • 2.8g fat • .6g sat fat • 0mg cholesterol • 33g carbs • 24g sugar • 3.8g fiber • 23mg sodium