

## Summer Fruit with Pecans and Mint

2 **navel oranges**, peeled and sliced into ¼-inch rounds

½ cup plain non-fat **Greek yogurt**

1 tsp **honey**

1 pinch **cinnamon**

1 cup **strawberries**, hulled and sliced

2 tsp fresh **mint**, chopped

2 tbsp **pecans**, coarsely chopped

Cover the surface of a plate with orange rounds. In small bowl, blend yogurt, honey and cinnamon. Dollop the yogurt mixture over the oranges. Scatter the strawberries over the yogurt, and top with fresh mint and pecans.



**Makes 4 servings. Per serving:**

112 calories | 3g protein | 5g total fat | 0.5g saturated fat | 3g mono fat | 1.5g poly fat  
1mg cholesterol | 15g carbohydrate | 5g sugar | 4g fiber | 27mg sodium