

*Recipe:* A Fruity Way to End the Meal

*Compliments of:* **Glendale Memorial Heart Center** *Serves:* 4

*Ingredients:*

- 1 cup vanilla low-fat yogurt
- 2 tablespoons crystallized ginger, finely chopped
- 4 small navel oranges, peeled
- 8 ripe strawberries, hulled (other berries or chopped fruit  
may be substituted)
- 2 medium-size bananas, peeled

*Please turn over for directions >*



Glendale Memorial  
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### *Directions:*

Place the yogurt in a small bowl. Add the ginger and stir briskly for 1 minute or until the yogurt has a saucelike consistency. Set aside.

Cut each orange crosswise into five slices. Cut each strawberry lengthwise into four slices. Cut each banana crosswise into 14 slices.

Spoon 1/4 cup of the ginger sauce onto each of four 8-inch dessert plates and spread the sauce over each plate. Arrange the fruit equally on each of the plates and serve.

*Each Serving Contains:* approximately 181 calories, 1.5 grams fat, 3 mg cholesterol  
and 45 mg sodium