

Health Tip of the week:

Feng Shui Your Fridge. It sounds simple, but just taking fruits and vegetables out of the crisper, cutting them up so they are ready to go and putting them on a more visible shelf can aid in your effort to eat a healthy diet. You'll be more likely to reach for a healthy snack if it's front and center (*Sudbury Living Magazine Winter edition 2012*)

Recipe of the week: <http://www.tasteofhome.com/Recipes/Fresh-Fruit-Salad>

Fresh Fruit Salad Recipe

- Prep/Total Time: 15 min. Yield: 8-10 Servings

Ingredients

- 4 cups *fresh strawberries, halved*
- 2 cups *fresh blueberries*
- 2 to 3 *kiwifruit, peeled and sliced*
- 2 *bananas, sliced*
- 2 cups *seedless grapes, halved*
- 1 cup (8 ounces) *plain yogurt or vanilla yogurt* (substitute 4oz fruit juice if desired)
- 2 teaspoons *lemon juice*
- 1 teaspoon *sugar*
- 1/2 teaspoon *vanilla extract*

Directions

- In a large salad bowl, combine strawberries, blueberries, kiwi, bananas and grapes
- In a small bowl, combine yogurt, lemon juice, sugar and vanilla. Serve with fruit. **Yield:** 8-10 servings.

Nutritional Facts 1 serving (1 cup) equals 104 calories, 1 g fat (1 g saturated fat), 3 mg cholesterol, 13 mg sodium, 23 g carbohydrate, 3 g fiber, 2 g protein.