

FRUIT PLATE WITH CREAMY DESSERT SAUCE

August 19, 2009

Serves: 4 servings

- 2 ripe peaches
- 2 kiwi fruit, peeled and sliced
- 1 cup strawberries, cut in half
- 1 cup of blueberries
- 1 cup low fat cottage cheese
- 1/2 cup orange juice
- 1 Tbsp. lemon juice
- 1 Tbsp. light brown sugar

1. Arrange fruit on a platter or in individual dishes.
2. Combine cheese, juice, sugar, and salt in a blender. Blend at high speed until smooth and creamy.
3. Pour into a pitcher for serving at the table.

Nutrition Facts per serving

Exchanges: 1 lean meat, 2 fruit

Calories: 149, **Total fat:** 1g, saturated fat trace, **Cholesterol:** 3g, **Sodium:** 192mg, **Total Carbohydrate:** 27g,

Protein: 8g

CHRONIC DISEASE HEALTH PROMOTION AND EDUCATION PROGRAM



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