



Sunshine Fruit Cup

Information provided by:
KraftFoods.com

Prep Time: 15 mins.
Total Time: 3 hrs., 15 mins.
Makes: 12, ½ cup servings

Ingredients:

- 1-1/2 cup of orange juice mix
- 6 cups of mixed fruits
- 2 Tbsp. orange flavor juice mix
- 1 cup of vanilla fat-free yogurt

Directions:

- Add prepared drink to fruit in large bowl; toss to coat. Cover.
- Refrigerate several hours or until chilled. Meanwhile, stir dry drink mix into yogurt until well blended; cover. Refrigerate until ready to use.
- Spoon fruit mixture evenly into 12 dessert dishes; top with the yogurt mixture.

Nutritional Info:

70 Calories
0g of Fat
17g of Carbs
1g of Fiber
14g of Sugar
2g of Protein

