

Summer Fruit with Pecans and Mint

EASY | RECIPE

Ingredients:

- 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



Method:

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.

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