

Fruit Salad Supreme

From Goldie Gardner,
Co-host of "Plain & Fancy Cooking"



Ingredients:

- 1 cup milk
- 1 (6 oz.) Yoplait Custard-Style lemon yogurt
- 1/4 cup instant lemon pudding
- 1 can pineapple chunks, well drained
- 2 cups fresh strawberries, sliced
- 1 cup green grapes, halved
- 1 yellow and 1 red apple, diced (unpeeled)
- 2 cups diced cantaloupe
- 1 banana

- 1 cup toasted coconut (for garnish)
- fresh mint sprigs

To Prepare: Mix yogurt with milk. Add pudding and beat with rotary beater or whisk about 1-2 min. Set aside. Sauce thickens as it stands. Mix all fruit except bananas in large bowl. Pour sauce on and mix gently. Refrigerate. Just before serving, slice the banana and top fruit salad with it; sprinkle with toasted coconut. Garnish with fresh mint if desired. Makes 8 servings.

(over)

♥**Healthful Hint:** This salad can double as a light dessert. Any fruit, canned or fresh (except watermelon) and any flavor combination of pudding/yogurt can be used, such as strawberry.

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