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## **AVOCADO & BLUEBERRY FRUIT SALAD**

Final Lifestyle

### **Ingredients:**

#### **Dressing**

2 TBS honey  
¼ cup plain nonfat yogurt  
½ TSP ground cinnamon  
¼ cup fresh orange juice  
1/8 TSP each salt and pepper

#### **Salad**

1 large, ripe avocado, peeled and cut in slices  
2 cups fresh apple; peeled, cored, seeded, diced  
2 cups fresh mango, diced  
2 cups fresh blueberries, rinsed and drained  
1 5-oz package or 8 cups of salad greens  
2 TBS chopped chives or green onion  
2 TBS walnuts, toasted, chopped coarsely

### **Instructions:**

1. Whisk together all dressing ingredients, set aside.
2. Place avocado slices, apple, mango and blueberries in a medium bowl and toss with ¼ cup of dressing.
3. Toss salad greens in large bowl with remainder of dressing, and distribute 1-1/3 cups on each of six salad plates.
4. Place 1 cup of the fruit and avocado mixture on top of each greens serving.
5. Sprinkle each plate with 1 TSP of chopped chives (or green onion) and 1 TSP of toasted walnuts to serve.

### **Portion-Per-Serving Information** (Yields 6 servings)

Serving = 1-1/3 cups greens + 1 cup fruit/avocado mixture = 1-1/2 V, 2 FR, 1 FT