

# Fruit Salad With Maple Spice Yogurt

calls for the citrus segments to be supremed — removed from the peel, pith and membrane. It makes for a beautiful presentation, but can be labor-intensive. If pressed for time, simply separate the segments or slice the fruit into rounds. It's no less delicious. To taste the yogurt, so just add a dash at a time, and adjust according to your taste. The yogurt can be made up to 2-3 days ahead, and the fruit can be cut at least 1 day in advance.

1 cup plain, low-fat, Greek-style yogurt  
2 tablespoons maple syrup  
1/2 teaspoon ground cinnamon  
1/4 teaspoon ground cloves  
1/4 teaspoon ground ginger  
1/4 teaspoon ground nutmeg, to taste

1/2 cup seedless grapefruit segments  
1/2 cup seedless orange segments  
1/2 cup seedless kiwi segments  
1/2 cup seedless pineapple segments  
1/2 cup seedless pomegranate seeds

**Instructions:** Combine the yogurt, maple syrup, and mix in the cinnamon, a

small pinch of cloves and ground ginger. Shave a bit of fresh nutmeg over the top and blend well. Taste the yogurt, and add more spice as desired. Refrigerate until ready to use.

To make the fruit salad, cut the citrus fruits into supremes. Cut off the top and bottom of the fruit so that it sits flat on the cutting board. With a small, sharp knife, cut away one section of peel and bitter white pith, following the natural curve of the fruit from top to bottom. Continue around the citrus, cutting away sections of the peel and pith as you go. Trim any leftover pith once the peel has been removed.

Make two cuts within the membrane on either side of a segment, and with the second cut, lift the segment out of the membrane. Place the fruit into a bowl as you go, continuing around the whole fruit in the same fashion. Add the pomegranate seeds and gently toss to combine.

Divide the fruit salad between 4 or 5 individual bowls or dessert cups, and top with dollops of the yogurt. Serve with extra yogurt on the side.

**Per serving:** 183 calories, 5 g protein, 42 g carbohydrate, 1 g fat (1 g saturated), 3 mg cholesterol, 38 mg sodium, 5 g fiber.