



Creative Juices  
Consulting

## **Fruit Salad with Beet Yogurt Dressing**

**4 small apples, cubed**  
**1 banana cut into small pieces**  
**3 small pears, cubed**  
**¼ cup dried blueberries**  
**¼ cup dried cranberries**  
**¼ cup freeze dried blueberries**  
**2 TBSP crystalized ginger (optional)**  
**2 TBSP organic coconut**  
**¼ cup walnuts**

### **Dressing:**

**1 cup non-fat Greek yogurt**  
**3 TBSP fresh squeezed beet juice**  
**1 TBSP honey**  
**Squeeze of lemon juice**

### **Garnish:**

**Pomegranate seeds**  
**Orange zest**

**Prepare the fruit and mix together in a bowl. Combine the yogurt dressing ingredients and pour over fresh fruit. Top with fresh pomegranate seeds and garnish with orange zest**