This recipe is great for breakfast and as a dessert.

Prep and Cook Time: 15 minutes
1 apple, chopped
1/2 cup raisins
1 cup seedless grapes
2 bananas, sliced
1 cup berries, whatever is in season
2 cups plain or vanilla low-fat yogurt

Mix all the fruit together. Either top with yogurt or mix yogurt and fruit together

Source: here
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