Broccoli Salad

Makes 8 Servings

- 4 cups chopped broccoli
- 1/4 cup sliced/chopped walnuts
- 1/4 cup raisins
- 1/4 cup mayonnaise, low fat
- 6 ounces vanilla yogurt, low fat
- 1/4 cup thinly sliced red onion (optional)

Mix together all ingredients and refrigerate overnight.

Fruit and Yogurt Breakfast Shake

Makes 2 Servings

- 1 banana (medium, very ripe, peeled)
- 6 ounces pineapple juice
- 1/2 cup vanilla yogurt, low fat
- 1/2 cup strawberries (remove stems and rinse)

Put banana, pineapple juice, yogurt, and strawberries in a blender. Blend until smooth. Pour into two glasses. Serve immediately.
Hawaiian Delight
Makes 6 servings

8 ounces mandarin oranges, packed in juice
15 ounces pineapple chunks, packed in juice
1/8 cup coconut, shredded
1/8 cup pecans, chopped
6 ounces vanilla yogurt, low fat

Drain juice from mandarin oranges and pineapple. Place fruit in a big bowl. Add coconut, pecans, and yogurt to the bowl and mix.

Pumpkin Muffins
Makes 18 Servings

1 box spice cake mix
15 ounces pure pumpkin, canned

Preheat oven to 350°F. Mix the spice cake mix and pumpkin together and drop by heaping tablespoons into greased muffin cups. Bake at 350°F 18–22 minutes or until a knife comes out cleanly.