

# Layered Fruit Salad

*This healthy fruit salad recipe is great for Weight Watchers members as well as fruit lovers. Made from a variety of fresh fruits and other yummy ingredients to sweeten it up, it is quick and easy and sure to be a hit at any picnic or party.*

Recipe Type: Appetizer, Brunch, Dessert, Fruits, Salad, Side Dish, Snack

Degree of Difficulty: Very easy

## Ingredients

8 ounces cream cheese (light or fat-free)  
1/4 cup Confectioners sugar  
8 ounces Whipped Topping, reduced fat  
1/4 cup Almonds, chopped  
2 cups peaches, pitted and sliced  
2 cups blueberries  
2 cups strawberries, sliced  
2 cups grapes, halved

## Directions

- 1 Layer the fruit in the order listed above in a 2-1/2-qt. glass bowl or casserole dish.
- 2 Beat together the cream cheese and powdered sugar until smooth in a mixing bowl.
- 3 Fold in the whipped topping.
- 4 Spoon the mixture over the fruit.
- 5 Refrigerate until ready to serve.
- 6 When ready to serve, take out of refrigerator and sprinkle with the almonds.

## Cooking Times

Preparation Time: 30 minutes

Cooking Time:

Total Time: 30 minutes

## Nutrition Facts

Nutrition (per serving): 150 calories, 5g total fat, 2.6g saturated fat, 3.1mg cholesterol, 174.9mg sodium, 22.5g carbohydrates, 2.5g fiber, 18.1g sugar, 5.8g protein.

Servings: 10

Yield: 3/4 Cup Serving

## Weight Watchers Points

Orig. WW Pts: 3

Points Plus: 2

## Tips

If you want a healthier version of this recipe, follow these steps to reduce calories, sugars and fats.

**Reduced Sugar Substitute** Replace the powdered sugar with your own home made powdered sugar using a sugar substitute. To do this, use approximately 1/8 cup of the artificial sweetener and pinch (about 1/8 tsp) of cornstarch. Place the sweetener and cornstarch in the blender and grind them together to make the powder. If you don't have cornstarch on hand, you can skip adding this if you are using right away. The cornstarch is used as an anti-clumping agent when storing the product. Let the powder settle before taking off the lid of the blender. Just add your reduced calorie powdered sugar to the recipe as indicated in the directions.

**Note:** You will need approximately 1/2 of what the recipe states as artificial sweeteners are more sweet tasting.

**Reduced Fat Substitute** Use fat free cream cheese instead of the reduced fat version. While the fat free has a different texture, it will blend in nicely with the powdered sugar. Make your own cream cheese using non-fat yogurt. By draining the liquids from yogurt, you can make your own creamy yogurt cheese. To do this, place a colander in a bowl making sure there is about 2" between the bottom of the colander and the bottom of the bowl. Line the colander with cheese cloth or basket style coffee filters. Spoon in your cream cheese and place in the refrigerator over night (or at least 2 hours). Once the liquids have been removed you will be able to use the yogurt cheese in this recipe.