

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: Dessert, Fruits, Salad, Side Dish, Snack

Degree of Difficulty: Very easy

Ingredients

8 ounces cream cheese (light or fat-free)
¼ cup Confectioners sugar
8 ounces Whipped Topping, reduced fat
¼ cup Almonds, slivered, optional
2 cups peaches, pitted and sliced
2 cups blueberries
2 cups strawberries, sliced
2 cups blackberries (fresh or frozen)



Directions

- 1 Beat together the cream cheese and powdered sugar until smooth in a mixing bowl.
- 2 Fold in the whipped topping.
- 3 Place a layer of the cream cheese mixture at the bottom of each serving glass or bowl.
- 4 Add a layer of fruit (it can be one fruit or a mixture of the fruits).
- 5 Place another layer of cream cheese mixture and then another layer of fruit.
- 6 Repeat the layers until the serving dish is full. Usually 2 or 3 layers is all you will get depending on the size.
- 7 Finish the layer with the cream cheese mixture.
- 8 Refrigerate until ready to serve.
- 9 When ready to serve, take out of refrigerator and sprinkle with the almonds.

Cooking Times

Preparation Time: 30 minutes

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: ¾ Cup Serving

Weight Watchers Points

Note: The fruits were not included when calculating any of the Weight Watchers Points.

Orig. WW Pts: 2

Points Plus: 3

Smart Points: 4

FreeStyle Smart Points: 4