

Fresh Green Salad with Farmer's Market Vegetables and Tomatoes

Early Fall Fruit Salad

2 large Chaffin Family Asian Pears well chilled
1 large Chaffin Family Pomegranate well chilled
¼ cup chopped walnuts
1 cup organic plain yougurt
2 teaspoons cinnamon
1 teaspoon stevia
½ teaspoon xylitol or 1 Tablespoon honey

Chop Chaffin Family Asian Pears in 1" pieces and place in medium salad bowl. Add Chaffin Family pomegranate jewels, for best results, pick apart under water. Add walnuts. In a separate bowl combine yougurt, cinnamon, and sweeteners. Taste and adjust seasonings. Pour dressing over salad, toss and serve. Serves 8