

EASY FRUIT SALAD

Makes 10 servings
Serving Size: 1/2 cup

Ingredients

- 2 small bananas, sliced
- 1 (20-ounce) can pineapple chunks in juice, drained
- 1 (8-ounce) low-fat yogurt (try vanilla or lemon)
- 1 (15-ounce) can (2 cups) fruit cocktail in juice, drained

Directions

1. Wash, peel and slice bananas.
2. Drain pineapple chunks and fruit cocktail.
3. Mix fruits and yogurt together.
4. Cover and chill until ready to serve.



For variation use the following fresh fruits, instead of canned:

- 1 cup grapes, seedless, halved
- 2 cups cantaloupe, cut into bite size pieces
- 1 cup strawberries, quartered
- 1 cup apple, cut into bite size pieces

Note: If the pineapple and fruit cocktail are left out, add a little lemon juice to bananas and apples to prevent browning.

Nutrition information Per Serving

90 calories		Total Carbohydrate	20 g
Total Fat	0 g	Dietary Fiber	1 g
Saturated Fat	0 g	Sodium	20 mg
Protein	1 g		



Good source
of Vitamin C



Eat Smart

