

EASY FRUIT SALAD

Makes 10 servings
Serving Size: 1/2 cup



Ingredients

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

Directions

1. Drain pineapple chunks and fruit cocktail.
2. Wash, peel and slice bananas.
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

100 calories	Total Carbohydrate	23 g	
Total Fat	0 g	Dietary Fiber	2 g
Saturated Fat	0 g	Sodium	15 mg
Protein	2 g		

 **Good source of Vitamin C**



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