

# 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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