

Magical Fruit Salad

Yield 12 servings

Ingredients

1 can	pineapple chunks (20 ounce)
1/2 pound	grapes, seedless, red or green
2	banana
1 3/4 cup	nonfat or lowfat milk
1 package	pudding mix, instant, lemon or vanilla (3 1/2 ounce)

Instructions

1. Drain off the juice. Put chunks in a large bowl.
2. Rinse the grapes and drain. Add the grapes to the bowl.
3. Peel the bananas and cut into bite-sized pieces. Add to the bowl.
4. Pour the milk over the fruit. While slowly stirring the fruit mixture, sprinkle in the pudding mix.
5. Let the mixture stand for 5 minutes and serve.
6. Refrigerate leftovers within 2 hours.

Cost

Per recipe: \$4.04

Per serving: \$0.33

Source

Oregon State University Cooperative Extension Service, Pictorial Recipes
Lynn Myers Steele, 2000
Oregon Family Nutrition Program

Nutrition Facts	
Serving Size 1/12 of recipe (130g)	
Servings Per Container 12	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 21g	
Protein 2g	
Vitamin A 2%	• Vitamin C 10%
Calcium 4%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	