

Lemon Fruit Salad

Ingredients:

20 ounces pineapple chunks in juice
1/2 pound grapes, seedless
2 bananas
1 3/4 cups skim milk
4 ounces instant pudding mix, lemon flavored

Equipment:

Large bowl Colander Cutting Board Knife Can opener Measuring cups Spatula

Number of Servings: 6 Prep Time: 10 minutes Total Time: 15 minutes

Directions

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- 1. Open can of pineapple chunks and drain. Add to medium bowl.
- 2. Wash grapes and remove from stems. Cut in half and add to bowl.
- 3. Wash and peel bananas, and slice. Add to bowl. Set aside.
- 4. In separate bowl, pour lemon flavored pudding mix into a bowl, then add skim milk. Mix until smooth
- 5. Let the mixture stand for 5 minutes, pour over fruit and serve.
- 6. Refrigerate leftovers within 2 hours.

Recipes

For more recipes, please visit: www.fcs.ext.vt.edu/recipes



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Nutrition Facts Serving Size: 1 cup Servings: 6			
Amount Per Se	erving		
Calories 21	0	Calories from Fat 9	
		%Daily	/alue
Total Fat 1g		2%	
Saturated		0%	
Cholesterol	1mg		0%
Sodium 311		13%	
Potassium 4	461mg		13%
Total Carbo	51g	17%	
Dietary Fiber 2g			8%
Protein 3g			6%
Vitamin A	5%	Vitamin C	25%
Iron	8%	Calcium	11%
*Percent Daily	Values are	based on a 2,000 cal	orie diel

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