

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

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.

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Nutrition Facts

Serving Size: 1 cup

Servings: 6

Amount Per Serving

Calories 210 Calories from Fat 9

	%Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 1mg	0%
Sodium 311mg	13%
Potassium 461mg	13%
Total Carbohydrate 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 calorie diet.

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