

Mixed Fruit Salad

Ingredients:

- 6 apples
- 1 cup grapes
- 2 banana, sliced
- 15 ounces pineapple chunks
in juice

Equipment:

- Cutting board
- Knife
- Large salad bowl

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

Directions

1. Wash apples. Leave the skin on the apple and cut in half through the core. Then cut each piece in half again until you have 4 quarters. Cut out seeds and core and chop into thin slices. Add to bowl.
2. Remove grapes from branches and wash under running water. Cut in half and add to bowl.
3. Remove peeling from bananas, and slice into coins. Add to bowl.
4. Drain juice from pineapple chunks and add to bowl. Save juice for other uses.
5. Mix ingredients together, cover and chill until ready to serve.

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Nutrition Facts

Serving Size: 1 cup

Servings: 10

Amount Per Serving		Calories from Fat 0
Calories 102		
%Daily Value*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	1mg	0%
Potassium	259mg	7%
Total Carbohydrate	26g	9%
Dietary Fiber	3g	12%
Protein	1g	2%

Vitamin A	2%	Vitamin C	18%
Iron	?	Calcium	1%

*Percent Daily Values are based on a 2,000 calorie diet.

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