



December 30- Easy Fruit Salad

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/food-distribution-fdd/easy-fruit-salad-fdd>

Recipe

Ingredients:

- 1 can fruit cocktail (16 ounce, drained)
- 2 bananas (sliced)
- 2 oranges (cut into bite-size pieces)
- 2 apples (cut into bite-size pieces)
- 8 ounces yogurt, low-fat piña colada

Directions:

1. Mix fruit in a large bowl.
2. Add yogurt and mix well.
3. Chill in refrigerator before serving.

Yield 14 servings

Nutrition Facts	
Serving Size 1/4 cup (110.17g)	
Servings Per Container 14	
Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	7%
Sugars 13g	
Protein 1g	2%
Vitamin A 4%	• Vitamin C 20%
Calcium 4%	• Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.	