



## May 15- Magical Fruit Salad

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/magical-fruit-salad>

### Recipe

*Ingredients:*

- 1 can pineapple chunks (20 ounces)
- ½ pound grapes, seedless, red or green
- 2 bananas
- 1 ¾ cups milk, non-fat or low-fat
- 1 package pudding mix, instant, lemon or vanilla (3 ½ ounces)

*Directions:*

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.

Yield 12 servings

### Nutrition Facts

Serving Size 1/12 serving (129.81g)  
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** 70mg      **3%**

**Total Carbohydrate** 24g      **8%**

Dietary Fiber 1g      **4%**

Sugars 19g

**Protein** 2g      **3%**

Vitamin A 0%      •      Vitamin C 10%

Calcium 4%      •      Iron 0%

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