



Magical Fruit Salad

12 servings

Ingredients:

- 1 can pineapple chunks (20 ounce)
- 1/2 pound grapes, seedless, red or green
- 2 bananas
- 1 3/4 cups milk, non-fat or low-fat
- 1 package pudding mix, instant, lemon or vanilla (3 1/2 ounce)

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.

Nutrition Information:

Key Nutrients	Amount	% Daily Value*
Total Calories	100	
Total Fat	0 g	0%
Protein	2 g	
Carbohydrates	24 g	8%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	140 mg	6%

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