



## Magical Fruit Salad

Serving Size: 2/3 cup fruit

Yield: 9 Servings

### Ingredients:

4 cups assorted fruit, fresh and/or canned: apples, bananas, oranges, grapes, pineapple

3 1/2 ounces (1 small package) instant lemon or vanilla pudding

1 3/4 cups cold milk (use non-fat or 1%, or mix nonfat dry milk with water)



### Directions:

1. Rinse fresh fruit. Chop into bite-sized chunks.
2. Open and drain canned fruit.
3. Sprinkle pudding mix over fruit. Add milk and mix toss well.  
Refrigerate for 5 minutes.
4. This salad is best if eaten as soon as it is ready.
5. Refrigerate leftovers within 2-3 hours.

**Nutrition Facts:** Calories, 110; Calories from fat, 5; Total fat, .5g; Saturated fat, 0g; Trans fat 0g; Cholesterol, 5mg; Sodium, 170mg; Total Carbohydrate, 24g; Fiber, 1g; Protein, 2 g; Vitamin A, 8 %; Vitamin C, 6%; Calcium, 20%; Iron, 2%.

**Source:** Oregon State University Extension Service, [www.foodhero.org](http://www.foodhero.org)



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