

pudding Fruit Salad

Enjoy salad and dessert in one delicious dish!

10 servings

Ingredients:

- 1 can pineapple chunks with juice (20 ounces)
- 1 can mandarin oranges, drained (11 ounces)
- 1 can fruit cocktail, drained (17 ounces)
- 1 small box instant lemon or vanilla pudding, dry
- 2 bananas

Directions:

1. In a large bowl, combine canned fruit.
2. Stir in dry pudding and mix well. Refrigerate.
3. Just before serving, slice bananas and add to salad.
4. Keeps well in refrigerator 2 or 3 days.

Nutrition Facts: One 1/2 cup serving provides 150 calories, 0g total fat, 0mg cholesterol, 140mg sodium, 38g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice
Pudding Fruit Salad
Meatloaf
Peas
Milk

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