

# Pudding Fruit Salad

Enjoy salad and dessert in one delicious dish!



Level: Easy

Serves 10

## Kids' Tool Kit

Can opener  
Strainer  
Mixing bowl  
Knife  
Cutting board  
Spoon

## 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



## Chef's Choice

Pudding Fruit Salad  
Meatloaf  
Peas  
Milk



## Directions:

**Remember to wash your hands!**

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 for 2 or 3 days.

## Nutrition Facts

Serving Size 1/2 cup (170g)  
Servings Per Container 10

Amount Per Serving  
**Calories** 150    **Calories from Fat** 0  
% Daily Value\*

**Total Fat** 0g    **0%**  
Saturated Fat 0g    **0%**  
**Cholesterol** 0mg    **0%**  
**Sodium** 140mg    **6%**  
**Total Carbohydrate** 38g    **13%**  
Dietary Fiber 2g    **6%**  
Sugars 34g  
**Protein** 1g

Vitamin A 2%    •    Vitamin C 15%  
Calcium 2%    •    Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Total Fat	Less than 65g	65g
Saturated Fat	Less than 20g	20g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



**Helpful Hints:** The pineapple juice gives the pudding liquid needed to mix well. Be sure to drain the oranges and fruit cocktail before adding to the pudding.



**Safety Tip:** Handle cans and their sharp lids with care. Dispose of them safely.

For more information about this and other fun recipes: contact your county extension office or visit the Web site at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).