

## Fruit Combo and Sauce

*Is it a salad or dessert?*

4 servings

### Ingredients:

- 2 tablespoons sugar
- 2 teaspoons cornstarch
- 1 cup pineapple juice
- 2 teaspoons lemon juice
- 1/4 teaspoon lemon peel
- 1 cup canned pineapple tidbits
- 1 cup banana slices
- 1 cup kiwi slices
- 1 cup grapes, cut in half

**Directions:** **1.** Combine sugar and cornstarch in medium saucepan. Add pineapple juice, lemon juice and lemon peel. **2.** Cook, stirring constantly, over medium-high heat until mixture comes to a boil. Reduce heat to low and cook 2 minutes or until slightly thickened. Cool slightly. Sauce can be served warm or chilled. **3.** Combine fruit and spoon into individual dishes. Spoon sauce over fruit and serve.

*Nutrition Facts: One 1 cup serving provides 170 calories, 0.5g total fat, 0mg cholesterol, 0mg sodium, 44g 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.

K-State Research and Extension  
Family Nutrition Program



www.kidsacookin.ksu.edu

### Chef's Choice

Fruit Combo and Sauce  
Cinnamon Graham Cracker  
Low Fat Milk

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