



Vary Your Veggies... Focus on Fruit



EFNEP

Expanded Food and Nutrition Education Program

Fruit Salad

Makes: 6 (½ cup) servings
Preparation Time: 10 minutes

Ingredients

- 1 (8 ounce) can fruit cocktail, drained
- 1 (8 ounce) can pineapple, drained
- 1 apple, chopped
- 1 medium banana, sliced

Topping

- ½ cup plain or vanilla yogurt
- pinch cinnamon
- pinch nutmeg

Directions

1. Mix fruit cocktail, pineapple, apple, and banana in a medium sized bowl.
2. Mix yogurt, cinnamon and nutmeg.
3. Serve fruit salad topped with yogurt.
4. Refrigerate leftovers.

Be Creative!
Substitute any canned or fresh fruit.

Nutrition Facts	
Serving Size 1/2 Cup (138g)	
Servings Per Container 6	
Amount Per Serving	
Calories 80	Calories from Fat 5
<small>% Daily Value*</small>	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 17g	
Protein 2g	

