



**Get Moving!**



**EFNEP**

Expanded Food and Nutrition Education Program

## Mixed Fruit

Makes: 6 (1 cup) servings

Preparation Time: 10 minutes

### Ingredients:

- 1 (8 ounce) can mandarin oranges, drained
- 1 (8 ounce) can fruit cocktail, drained
- 1 (8 ounce) can pineapple chunks, drained
- 2 apples, chopped
- 1 bananas, sliced

### Directions:

1. Mix all ingredients together.
2. Cover and chill until ready to serve.
3. Refrigerate leftovers.

*Be Creative!*

Try using any canned or seasonal fruits.

*Eat Smart: Focus on Fruit!*

## Nutrition Facts

Serving Size 1 cup (178g)  
Servings Per Container 6

Amount Per Serving

**Calories 80**      **Calories from Fat 0**

% Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 0mg**      **0%**

**Total Carbohydrate 21g**      **7%**

Dietary Fiber 3g      **12%**

Sugars 16g

**Protein 1g**

