

Magical Fruit Salad

Ingredients

- 1 can pineapple chunks (20 oz.)
- 1/2 pound grapes, red or green
- 2 bananas
- 1 3/4 low fat milk
- 1 package pudding mix, instant,
- lemon or vanilla (3 1/2 ounce)

Instructions

1. Drain off the juice . Put chunks in a large bowl .
2. Rinse the grapes and drain . Add the grapes to the bowl .
3. Peel the bananas and cut into bite-sized pieces . Add to the bowl .
4. Pour the milk over the fruit. While slowly stirring the fruit mixture, sprinkle in the pudding mix .
5. Let the mixture stand for 5 minutes and serve .
6. Refrigerate leftovers within 2 hours.



Yields 12 servings / Rinde 12 porciones
Serving size / Tamano porcion
1/4 recipe / de la receta

Cost / Precio
Per recipe: \$2.30
Per serving: \$0.57



Ensalada Magica de Frutas

Ingredientes

- 1 lata de piña en trozos (20 onzas)
- 1/2 libra de uvas, verdes o rojas
- 2 bananas
- 1 3/4 leche sin grasa
- 1 paquete de mezcla instantánea de budín
- limón o vainilla (3 1/2 onzas)

Instrucciones

1. Escorra el jugo de la lata de piña en trozos . Coloque los trozos en un tazón grande .
2. Lave las uvas y agréguelas al tazón
3. Corte las bananas y añádalas .
4. Vierta la leche sobre la fruta . Mientras vierte lentamente la leche sobre la fruta, espolvoree el polvo de budín instantáneo .
5. Deje reposar la mezcla durante 5 minutos y sirva .
6. Refrigere los sobrantes dos horas después de preparar .

Nutrition Facts	
Serving Size 1/12 of recipe (130g)	
Servings Per Container 12	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 21g	
Protein 2g	
Vitamin A 2%	• Vitamin C 10%
Calcium 4%	• Iron 2%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
<small>Calories: 2,000 2,500</small>	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	