



Magical Fruit Salad

Ingredients

½ pound seedless grapes
(about 1½ cups)

1 (20-ounce) can
pineapple chunks with
juice

2 bananas

1¾ cup 1% milk

1 (3.4-ounce) package
sugar free instant lemon
or vanilla pudding mix
(4-serving size)

Makes 10 servings

Note:

• Use fruit your family likes, and try a new fruit too. Kids will enjoy helping make this salad, and eating it.

Instructions

1. Wash hands. Rinse grapes. If young children will be eating this salad, cut grapes in half.
2. Drain juice from pineapple. (Refrigerate juice to drink later.)
3. Put the pineapple chunks and grapes in a large bowl.
4. Peel bananas, cut them into bite-size pieces, and add them to the bowl of fruit.
5. Pour milk over the fruit. While slowly stirring the fruit mixture, sprinkle in the pudding mix.
6. Let the mixture stand for 5 minutes, and then serve. Refrigerate any leftover salad.

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 10

Amount Per Serving

Calories 120 **Calories from Fat 5**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 125mg **5%**

Total Carbohydrate 29g **10%**

Dietary Fiber 1g **4%**

Sugars 17g

Protein 2g

Vitamin A 2% • Vitamin C 15%

Calcium 6% • Iron 2%

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

	Calories:	2,000	2,500
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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

4% calories from fat

Source: Adapted from: Food and Fun For Active Families 2007 Nutrition Calendar, Iowa State University Extension.

March 2010



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This material was funded by USDA's Food Stamp Program and Expanded Food and Nutrition Education Program.

