

Fruit Salad

Makes: 6 servings (½ cup per serving)

Preparation Time: 10 minutes

Ingredients

1 (8 ounce) can fruit cocktail packed in juice, drained

1 (8 ounce) can pineapple tidbits packed in juice, drained

1 apple, chopped

1 banana, sliced

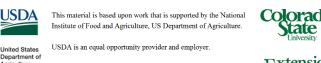
½ cup (4 ounces) vanilla yogurt

Pinch of cinnamon or nutmeg

Directions

- 1. Wash the apple.
- 2. Collect, cut, and measure all ingredients before starting to prepare the recipe.
- 3. Drain the juice from the cans of fruit cocktail and pineapple into a medium bowl. Toss the chopped apple and sliced banana in the fruit juice to prevent browning, then remove from the juice.*
- 4. In a larger bowl, mix fruit cocktail, pineapple, apple, and banana.
- 5. In a small bowl, mix the yogurt and cinnamon or nutmeg.
- 6. Serve fruit salad in small bowls or cups. Top each serving with a spoonful of the yogurt mixture.
- 7. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.
- * When you drain the canned fruit, save the juice to drink or to add to a smoothie.

Be creative! Substitute any canned or fresh fruit (wash first).



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