



## 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).

Nutrition Facts	
usually 6 servings per container	
<b>Serving size</b>	<b>1/2 Cup (152g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>90</b>
% Daily Values*	
<b>Total Fat</b> 0.5g	1%
<b>Saturated Fat</b> 0g	0%
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> < 5mg	1%
<b>Sodium</b> 15mg	1%
<b>Total Carbohydrate</b> 21g	8%
<b>Dietary Fiber</b> 2g	7%
<b>Total Sugars</b> 18g	
<b>Includes 10g Added Sugars</b>	20%
<b>Protein</b> 2g	4%
<b>Vitamin D</b> 0mcg	0%
<b>Calcium</b> 46mg	4%
<b>Iron</b> 0mg	0%
<b>Potassium</b> 236mg	6%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



United States  
Department of  
Agriculture

National Institute  
of Food and  
Agriculture

This material is based upon work that is supported by the National  
Institute of Food and Agriculture, US Department of Agriculture.

USDA is an equal opportunity provider and employer.

© 2016 Colorado State University all rights reserved.



Extension

