



Easy Fruit Salad

Makes 6 servings

Ingredients:

- 2 small bananas, sliced
- 1 20-oz. can pineapple chunks
- 1 20-oz. can peach pie filling
- 1 16-oz .can (2 cups) fruit cocktail

Directions:

1. Peel and slice bananas.
2. Drain pineapple chunks and fruit cocktail.
3. Mix fruits and pie filling together, cover and chill until ready to serve.

For variation use the following fresh fruits:

- 2 small bananas, sliced
- 1 cup seedless grapes – halved
- 2 cups cantaloupe – cut into bite size pieces
- 1 cup quartered strawberries
- 1 cup apple – cut into bite size pieces

Nutrition Facts

Calories: 240

Total fat: 0g

Saturated fat: 0g

Cholesterol: 0mg

Sodium: 15mg

Total Carbohydrates: 61g

Dietary Fiber: 3g

Sugars: 49g