

Fruit Salad

Makes: 6 (½ cup) servings

Preparation Time: 10 minutes

Ingredients

- 1 (8-ounce) can fruit cocktail, drained
- 1 (8-ounce) can pineapple, drained
- 1 apple, chopped
- 1 medium banana, sliced

Topping

- ½ cup plain or vanilla yogurt
- pinch cinnamon
- pinch nutmeg

Directions

1. Mix fruit cocktail, pineapple, apple, and banana in a medium sized bowl.
2. Mix yogurt, cinnamon and nutmeg.
3. Serve fruit salad topped with yogurt.
4. Refrigerate leftovers.

Be creative!

Substitute any canned or fresh fruit.

Eat smart: build strong bones!



Materials provided by the University of Arkansas Division of Agriculture Cooperative Extension Service

Nutrition Facts	
Serving Size 1/2 Cup (138g)	
Servings Per Container 6	
Amount Per Serving	
Calories 80	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 17g	
Protein 2g	