



Mixed Fruit

Makes: 6 (1-cup) servings
 Preparation Time: 10 minutes

Ingredients:

- 1 (8-ounce) can mandarin oranges, drained
- 1 (8-ounce) can fruit cocktail, drained
- 1 (8-ounce) can pineapple chunks, drained
- 2 apples, chopped
- 1 banana, sliced

Directions:

1. Mix all ingredients together.
2. Cover and chill until ready to serve.
3. Refrigerate leftovers.

Be creative!
 Try using any canned or seasonal fruits.

Eat smart: focus on fruit!



Nutrition Facts	
Serving Size 1 cup (178g)	
Servings Per Container 6	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 3g	12%
Sugars 16g	
Protein 1g	