

Easy Fruit Salad

Yield: 4 servings • Serving: 1 cup

2 apples, cut into chunks

1- 8 ounce can pineapple chunks and juice

2 bananas, sliced

½ cup grapes, cut in half (optional)

1. In a large bowl, combine apple, pineapple and juice.
2. Add bananas and grapes. Stir well. Serve immediately.

★Tip: *You may add any fresh or canned fruits on hand.*

PER SERVING: CALORIES 117 • FAT >1 G • PROTEIN >1 G • CARBOHYDRATE 30 G • FIBER 3 G • GOOD SOURCE OF VITAMIN C