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Tangy Fruit Salad

Prep Time: 10 minutes

Cost per serving: \$0.45

What you need:

Utensils:

- Medium bowl
- Stirring spoon
- Measuring cups & spoons
- Can opener

Ingredients:

- 2 tablespoons instant sugar free vanilla pudding mix
- 1 cup fat free vanilla yogurt
- 1 15-oz. can pineapple chunks, in juiced, drained
- 1 11-oz. can mandarin oranges, in juice, drained
- 1 cup grapes
- 2 medium bananas, sliced

What to do:

1. Wash your hands and clean your cooking area.
2. Clean the tops of canned food items before opening them.
3. Combine pudding mix and yogurt in a medium bowl.
4. Mix fruit into yogurt mixture.
5. Refrigerate mixture and serve when chilled.

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 6

Amount Per Serving

Calories 170 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 220mg **9%**

Total Carbohydrate 40g **13%**

Dietary Fiber 3g **12%**

Sugars 30g

Protein 3g

Vitamin A 15% • Vitamin C 50%

Calcium 10% • Iron 2%