



Deanne Garrett

Better Living for Texans
Program Assistant

Texas A&M AgriLife Extension
Fort Bend County

1402 Band Road, Suite 100
Rosenberg, Texas 77471

Phone: (281) 342-3034 Ext: 7040
Fax: (832) 471-2400

WEBSITE:
<http://fortbend.agrilife.org>

EMAIL:
deanne.garrett@ag.tamu.edu

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

Magical Fruit Salad

Prep Time: 10 minutes

Cost per serving: \$0.23

What you need:

Utensils:

- Can opener
- Colander
- Mixing bowl
- Knife & cutting board
- Stirring spoon
- Measuring cups

Ingredients:

- 1 20 ounce can pineapple tidbits in natural juice
- ½ pound seedless grapes (try red grapes for color)
- 2 bananas
- 1¾ cup low-fat milk
- 1 box (3½ oz.) instant sugar-free vanilla pudding mix

What to do:

1. Wash hands and cooking area.
2. Clean the tops of canned food items before opening them.
3. Drain the pineapple in a colander and put in a bowl.
4. Rinse the grapes with water and pat them dry with a paper towel. Pull grapes off the stem and add to the bowl with the pineapple.
5. Wash, peel and slice the bananas into bite-sized pieces. Add to the bowl with other fruit.
6. Sprinkle the pudding mix over the fruit.
7. Pour the milk over the fruit and pudding mix.
8. Slowly stir the fruit mixture until blended and then wait about 5 minutes for the mixture to set.
9. The salad is best when eaten as soon as it is ready.

Nutrition Facts

Serving Size 1/2 cup	
Servings Per Container 15	
Amount Per Serving	
Calories 80	Calories from Fat 0
%	
Total Fat 0g	
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	
Sodium 280mg	
Total Carbohydrate 19g	
Dietary Fiber 1g	
Sugars 11g	
Protein 2g	
Vitamin A 2%	
Vitamin C 10%	
Calcium 4%	
Iron 2%	