



EATING SMART  
BEING ACTIVE

## Fruit Salad

Makes: 6 servings (½ cup per serving)

Preparation Time: 10 minutes

### Ingredients

- 1 (8 ounce) can fruit cocktail packed in juice, drained
- 1 (8 ounce) can pineapple tidbits packed in juice, drained
- 1 apple, chopped
- 1 banana, sliced
- ½ cup (4 ounces) vanilla yogurt
- Pinch of cinnamon or nutmeg

### Directions

1. Wash hands with soap and water.
2. Wash the apple under cold running water.
3. Collect, cut, and measure all ingredients before starting to prepare the recipe.
4. Drain the juice from the cans of fruit cocktail and pineapple into a medium bowl. Toss the chopped apple and sliced banana in the fruit juice to prevent browning, then remove from the juice.\*
5. In a larger bowl, mix fruit cocktail, pineapple, apple, and banana.
6. In a small bowl, mix the yogurt and cinnamon or nutmeg.
7. Serve fruit salad in small bowls or cups. Top each serving with a spoonful of the yogurt mixture.
8. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

\* When you drain the canned fruit, save the juice to drink or to add to a smoothie  
**Be creative!** Substitute any canned or fresh fruit (wash first).

Nutrition Facts	
usually 6 servings per container	
Serving size	1/2 Cup (152g)
Amount Per Serving	90
Calories	
% Daily Values*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 15mg	1%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	7%
Total Sugars 18g	
includes 10g Added Sugars	20%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 46mg	4%
Iron 0mg	0%
Potassium 236mg	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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