

easy fruit salad

ingredients

- 1 (20-ounce) can pineapple chunks in juice, drained
- 1 (15-ounce) can fruit cocktail in juice. drained
- 2 small bananas, sliced
- 1 (8-ounce) low-fat yogurt, try vanilla or lemon

directions

- Drain pineapple chunks and fruit cocktail.
- Wash, peel, and slice bananas.
- Mix fruits and yogurt together.
- Cover and chill until ready to serve.



United States Department of Agriculture
National Institute of Food and Agriculture

