



Fast Fruit Salad

Ingredients:

- 2 apples
- 2 bananas
- 2 oranges
- 1 small can of pineapple chunks

Directions:

1. Wash apples, remove cores, and chop them into pieces.
2. Peel and slice bananas.
3. Peel and chop oranges into pieces.
4. Mix all fruits in a large bowl.

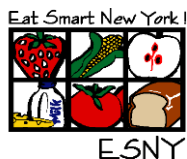
Variations:

Try different combinations of fresh or canned fruit.
Omit pineapple, and mix fruit with 1/2 cup of frozen
lemonade concentrate.

Nutrition Facts			
Serving Size: 1/8 of recipe (4.6 ounces)			
Servings Per Recipe: 8			
Amount Per Serving			
Calories	80	Calories from Fat	0
% Daily Value *			
Total Fat	0 g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	20g		7%
Dietary Fiber	3g		17%
Sugars	15g		
Protein	1g		
Vitamin A	2%	Vitamin C	40%
Calcium	2%	Iron	2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
2% calories from fat			

Yields about 6-8 servings

Source: Sisters in Health: A Nutrition Program for Women. Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 1999.



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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