



## Yield: 4 Servings | Serving Size: 1 cup Cost/Serving: \$0.94

### **Ingredients:**

2 apples, cut into chunks

1 (8-ounce) can pineapple chunks and juice

2 bananas, sliced

1/2 cup grapes, cut in half (optional)

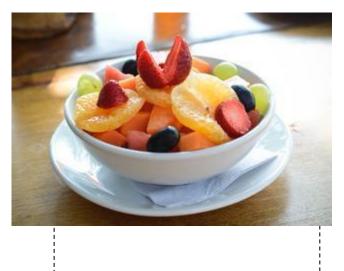
### **Directions:**

- 1) In a large bowl combine apple, pineapple, and iuice.
- 2) Add bananas and grapes. Stir well. Serve immediately.

Tips: Use a variety of seasonal fruits instead of canned.

If using canned fruit, look for those canned in water or 100% juice.

Any salad with sliced banana needs an acidic juice like that of pineapple or oranges to prevent browning.



# Nutrition Facts

Serving size 1 o	cup (207g)
Amount per serving	400
Calories	120
%	Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium Omg	0%
Total Carbohydrate 31g	11%
Dietary Fiber 4g	14%
Total Sugars 21g	
Includes 0g Added Sugar	rs 0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron Omg	0%
Potassium 381mg	8%

day is used for general nutrition advice.

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