

Recipe card instructions:

For best results, print two-sided cards on heavyweight paper, such as card stock. Select the "flip on short edge" print setting to ensure the back side of the card isn't upside down. Cut out each card along dashed lines.

It's-a-Snap Fruit Salad

- 2 apples, cut into chunks
- 2 bananas, sliced
- 1 cup canned pineapple chunks, drained (reserve juice in small bowl)
- 1/2 cup grapes

Place fruit in a bowl. Add a little pineapple juice to keep fruit from turning brown. Stir well. Makes 6 servings.

Source: University of Missouri Extension Family Nutrition Education Programs



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Note:

- Use any fresh fruit in season or other canned fruit (peaches, pears, apricots, mandarin oranges, etc.).

Nutrition Facts	
Serving Size 1/2 cup	
Amount Per Serving	
Calories 90	
% Daily Value*	
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	12%
Protein 1g	
Vitamin A 2%	Vitamin C 15%
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.

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