

Magical Fruit Salad

Serves 15

- 1 (20-ounce) can pineapple chunks packed in juice
- ½ pound grapes, seedless
- 2 bananas, sliced
- 1 kiwi, peeled and sliced
- 1 ¾ cups milk (low-fat, shelf stable, liquid or reconstituted dry)
- 1 small package instant lemon or vanilla pudding

1. Drain pineapple. Save juice to drink for later, if you wish.
2. Mix pineapple with other fruit in large bowl.
3. Pour milk over the fruit. While slowly stirring the fruit mixture, sprinkle in pudding mix.
4. Let the mixture stand 5 minutes to thicken.

Nutrition information: calories 61, sodium 35mg, carbohydrates 15g, dietary fiber 1g, protein 1g.

Healthy Tip

If you have diabetes, make this with sugar free instant pudding and put fruits with lower amounts of natural sugar. Strawberries have lower amounts of carbohydrates and more fiber than many other fruits. The small serving size here results in 15 grams of carbohydrates or 1 carb serving.

