

# Fruit Salad

Serves 6, 1 cup per serving

## Ingredients

- 2 cups frozen strawberries
- 1 cup frozen blueberries
- 1 cup frozen mango chunks
- 2 medium bananas
- 2 kiwis
- 1 (15-ounce) can pineapple chunks in juice

## Optional Ingredients

- 3 Tablespoons mint leaves
- ½ cup shredded, toasted coconut
- ½ cup slivered almonds

## Nutrition Facts

Serving Size 1 cup  
Servings Per Recipe 6

Amount Per Serving

**Calories** 140      Calories from Fat 0

% Daily Value\*

**Total Fat** 0.5g      **1%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 0mg      **0%**

**Total Carbohydrate** 36g      **13%**

Dietary Fiber 4g      **14%**

Sugars 26g

**Protein** 1g

Vitamin A 6%      • Vitamin C 100%

Calcium 2%      • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



## Directions

### In Advance

1. Thaw frozen fruit in the refrigerator until no longer hard, but still cool to the touch.

### Preparation

2. Drain canned pineapple, reserving juice.
3. Peel and slice bananas and kiwis.
4. In a large bowl, add bananas, kiwis, pineapple, and thawed fruit. Mix.
5. In a small pot over medium heat, add reserved pineapple juice. Stir. Heat until juice thickens slightly, about 5 minutes. Allow juice to cool for 5-10 minutes.
6. If using, rinse and chop mint leaves.
7. Pour thickened pineapple juice over fruit salad. Mix to coat fruit. If using, mix in mint, coconut, and almonds.



## Chef's Notes

- Use any fruits you like. To cut costs, choose fruits in season or on sale. Choose frozen and canned fruit in juice and with no added sugar.
- To toast coconut: Heat oven to 300°F. Place coconut shreds on a baking sheet lined with aluminum foil. Bake for 5 minutes or until light brown.
- Try serving for breakfast. Use as a topping for oatmeal or plain, nonfat yogurt.
- Use leftover frozen fruit in fruit smoothies.