

Strawberry Banana Jello Salad

Makes 8 servings

Ingredients

- 1 ½ cups hot water
- 1 package sugar-free strawberry Jello (6 ounces)
- 1 package frozen strawberries (sliced or whole) (no sugar added) (20 ounces)
- 1 cup crushed pineapple (no sugar added)
- 3-4 bananas, sliced
- 1 cup walnuts, chopped
- 2 cups fat-free sour cream

Nutrition Facts

Serving Size (283g)
Servings Per Container 8

Amount Per Serving	
Calories 272	Calories from Fat 94
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 228mg	10%
Total Carbohydrate 49g	16%
Dietary Fiber 4g	16%
Sugars 18g	
Protein 9g	18%

*Percent Daily Values are based on a 2,000 calorie diet.



Directions

1. Dissolve Jello in the hot water.
2. Fold in strawberries, crushed pineapple, banana slices, and walnuts, and stir to mix.
3. Pour 1/2 of the mixture into a 12" x 8" dish, and refrigerate until firmly set.
4. Set the other 1/2 aside at room temperature.
5. When refrigerated half is set, gently spread with sour cream and then top with the remaining 1/2 mixture.
6. Refrigerate 2 to 3 hours before serving.

