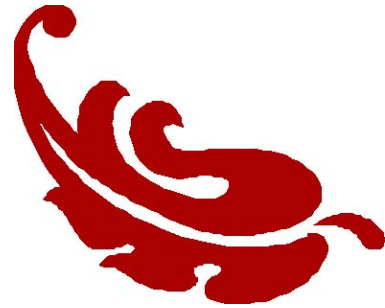


Creamy Fruit Salad

1 can fruit cocktail, drained
1 medium banana, sliced
1 apple, diced
1/2 cup seedless grapes
5 red maraschino cherries
1/4 cup kiwi, sliced
1/4 cup miniature marshmallows
1/2 cup Cool Whip non-dairy whipped topping



In a large bowl, combine fruit cocktail, sliced bananas, diced apples, grapes, cherries and marshmallows. Mix in non-dairy topping. Refrigerate at least 15 minutes before eating.

Per recipe: 139 mg phe, 4.1 g protein
Per serving (1/2 cup): 12.5 mg phe, 0.4 g protein



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