

Hooked on Health

September is
Fruit & Veggie
Month

Fruit and Veggie Recipes

Recipe Name:	FRUIT SALAD
Ingredients:	1-20 OZ CAN PINEAPPLE TIDBITS, DRAINED (NO SUGAR ADDED) 1 CUP FRESH STRAWBERRIES, SLICED 1 CUP FRESH BLUEBERRIES 1 CUP GREEN SEEDLESS GRAPES, SLICED IN HALF 1 CUP RED SEEDLESS GRAPES, SLICED IN HALF 1 (1-OZ.) FAT FREE VANILLA INSTANT PUDDING 1-1/2 CUPS SKIM MILK 1/2 CUP LIGHT SOUR CREAM 1 8-OZ CAN CRUSH PINEAPPLE, NO SUGAR ADDED 1 MEDIUM SIZED LITE COOL WHIP
Directions:	LAYER FRUITS IN 2 QUART TRIFLE BOWL. WHISK TOGETHER PUDDING WITH MILK; ADD SOUR CREAM & STIR IN CRUSHED PINEAPPLE INCLUDING JUICE. POUR OVER FRUIT. REFRIGERATE AT LEAST 1-2 HOURS
Serving Size:	1/2 CUP
Makes Servings:	12

Nutrient Analysis per serving: (bolded ones required, other nutrients as available)	
Calories	80
Fiber	
Fat	0.5 GRAMS
Protein	0 GRAMS
Carbohydrate	18 GRAMS
Sodium	70 GRAMS