

Easy Fruit Salad

Makes 10 servings

Serving Size: 1/2 cup

Ingredients

- 1 (20-ounce) can pineapple chunks in juice, drained
- 1 (15-ounce) can fruit cocktail in juice, drained
- 2 small bananas, sliced
- 1 (8-ounce) low-fat yogurt (try vanilla or lemon)



Directions

1. Drain pineapple chunks and fruit cocktail.
2. Wash, peel, and slice bananas.
3. Mix fruits and yogurt together.
4. Cover and chill until ready to serve.

For variation, use the following fresh fruits instead of canned:

- 1 cup grapes, seedless, halved
- 2 cups cantaloupe, cut into bite-size pieces
- 1 cup strawberries, quartered
- 1 cup apple, cut into bite-size pieces