



It's a Snap Fruit Salad

Servings: 6

Rinse fresh fruits under running water. Scrub firm-skin fruits with a vegetable brush while rinsing.

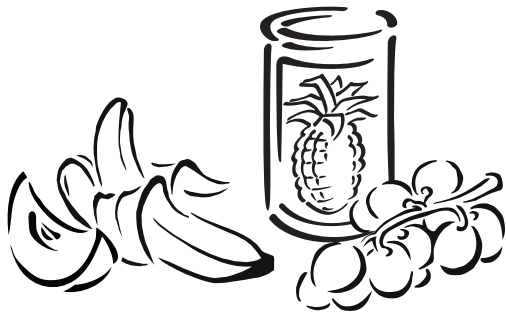
2 apples, cut into chunks

2 bananas, sliced

1 cup canned pineapple chunks, drained

½ cup grapes

1. Wash hands and surfaces.
2. In a bowl, place fruit and add a little pineapple juice to keep fruit from turning brown. Stir well.
3. Refrigerate leftovers immediately.



Nutrition Facts

6 servings per container

Serving size 1/2 cup (154g)

Amount per serving

Calories 100

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 26g 9%

Dietary Fiber 3g 11%

Total Sugars 19g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 13mg 2%

Iron 0mg 0%

Potassium 280mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Helpful Tips

- Substitute fresh fruit in season or other canned fruit (peaches, pears, apricots, mandarin oranges, etc.). Go online to find a farmers market at: seasonalandsimple.info or other Missouri local foods at: showmefood.org
- Power up with this fruit salad for breakfast.
- Cut grapes in smaller pieces (no larger than ½ inch) for children under 4 years to prevent choking.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local resource center or go online to mydss.mo.gov/food-assistance