



## It's a Snap Fruit Salad

Servings: 6

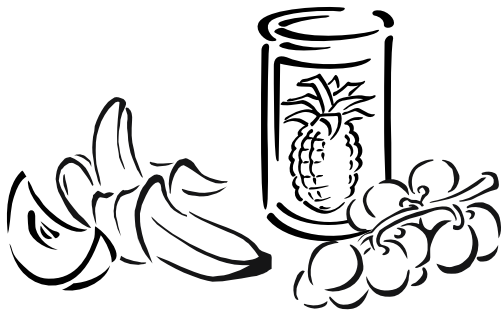
Rinse fresh fruits under running water. Scrub firm-skin fruits with a vegetable brush while rinsing.

### Ingredients:

- 2 apples, cut into chunks
- 2 bananas, sliced
- 1 cup canned pineapple chunks, drained
- ½ cup grapes

### Directions:

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.



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### Nutrition Facts

Amount Per Serving

**Calories** 90

Calories from Fat 0

% Daily Value\*

**Total Fat** 0g

**0%**

Saturated Fat 0g

**0%**

Trans Fat 0g

**Cholesterol** 0mg

**0%**

**Sodium** 0mg

**0%**

**Total Carbohydrate** 23g

**8%**

Dietary Fiber 3g

**12%**

Sugars 16g

**Protein** 1g

Vitamin A 2%

Vitamin C 15%

Calcium 2%

Iron 2%

### Tips:

- Substitute fresh fruit in season or other canned fruit (peaches, pears, apricots, mandarin oranges, etc.). Go online to find a farmers market at: [agebb.missouri.edu/fmktdir/index.htm](http://agebb.missouri.edu/fmktdir/index.htm) or other Missouri local foods at: [foodcircles.missouri.edu/sources.htm](http://foodcircles.missouri.edu/sources.htm)
- Power up with this fruit salad for breakfast.
- Cut grapes into 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 food stamp office or go online to [dss.mo.gov/fsd/fstamp/](http://dss.mo.gov/fsd/fstamp/)