Fast Fruit Salad
Makes 8 servings

Ingredients:
- 2 apples
- 2 bananas
- 2 oranges
- 1 small can of pineapple chunks in juice

Directions:
1. Wash apples, remove cores, and chop them into pieces.
2. Peel and slice bananas.
3. Peel and chop oranges into pieces.
4. Mix all fruits in a large bowl.

Variations:
- Try different combinations of fresh or canned fruit.
- Omit pineapple, and mix fruit with 1/2 cup of frozen lemonade concentrate.

Source: Sisters in Health: A Nutrition Program for Women. Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 1999