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.

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**Nutrition Facts**

| Amount per serving | Calories  
|-------------------|----------- 
| Serving size: 1/8 of recipe (136g) | 80 
| % Daily Value* | 
| Total Fat 0g | 0% 
| Saturated Fat 0g | 0% 
| Trans Fat 0g | 0% 
| Cholesterol 0mg | 0% 
| Sodium 0mg | 0% 
| Total Carbohydrate 21g | 8% 
| Dietary Fiber 3g | 11% 
| Total Sugars 15g | 
| Includes 0g Added Sugars | 0% 
| Protein 1g | 
| Vitamin D 0mcg | 0% 
| Calcium 21mg | 2% 
| Iron 0mg | 0% 
| Potassium 248mg | 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.

0% calories from fat

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

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Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.