

Recipe card instructions:

For best results, print two-sided cards on heavyweight paper, such as card stock. Select the “flip on short edge” print setting to ensure the back side of the card isn’t upside down. Cut out each card along dashed lines.

Magical Fruit Salad

- 1 (20-ounce) can pineapple chunks, drained
- ½ pound grapes
- 2 bananas, sliced
- 1¾ cups nonfat or lowfat milk
- 1 (3.5-ounce) package instant pudding mix, lemon or vanilla

Combine pineapple, grapes and banana slices in large bowl. Pour the milk over the fruit. While slowly stirring the fruit mixture, sprinkle in the pudding mix. Let the mixture stand for 5 minutes and serve. Makes 12 servings.

Source: Oregon State University Extension Service



Magical Fruit Salad

- 1 (20-ounce) can pineapple chunks, drained
- ½ pound grapes
- 2 bananas, sliced
- 1¾ cups nonfat or lowfat milk
- 1 (3.5-ounce) package instant pudding mix, lemon or vanilla

Combine pineapple, grapes and banana slices in large bowl. Pour the milk over the fruit. While slowly stirring the fruit mixture, sprinkle in the pudding mix. Let the mixture stand for 5 minutes and serve. Makes 12 servings.

Source: Oregon State University Extension Service



Magical Fruit Salad

- 1 (20-ounce) can pineapple chunks, drained
- ½ pound grapes
- 2 bananas, sliced
- 1¾ cups nonfat or lowfat milk
- 1 (3.5-ounce) package instant pudding mix, lemon or vanilla

Combine pineapple, grapes and banana slices in large bowl. Pour the milk over the fruit. While slowly stirring the fruit mixture, sprinkle in the pudding mix. Let the mixture stand for 5 minutes and serve. Makes 12 servings.

Source: Oregon State University Extension Service



Magical Fruit Salad

- 1 (20-ounce) can pineapple chunks, drained
- ½ pound grapes
- 2 bananas, sliced
- 1¾ cups nonfat or lowfat milk
- 1 (3.5-ounce) package instant pudding mix, lemon or vanilla

Combine pineapple, grapes and banana slices in large bowl. Pour the milk over the fruit. While slowly stirring the fruit mixture, sprinkle in the pudding mix. Let the mixture stand for 5 minutes and serve. Makes 12 servings.

Source: Oregon State University Extension Service



Recipe card instructions:

For best results, print two-sided cards on heavyweight paper, such as card stock. Select the "flip on short edge" print setting to ensure the back side of the card isn't upside down. Cut out each card along dashed lines.

Magical Fruit Salad

Nutrition Facts	
Serving Size 1/12 of recipe (130g)	
Amount Per Serving	
Calories 100	
% Daily Value*	
Total Fat 0g	0%
Sodium 140mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Protein 2g	
Vitamin A 2%	Vitamin C 15%
Calcium 4%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Facts	
Serving Size 1/12 of recipe (130g)	
Amount Per Serving	
Calories 100	
% Daily Value*	
Total Fat 0g	0%
Sodium 140mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Protein 2g	
Vitamin A 2%	Vitamin C 15%
Calcium 4%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Facts	
Serving Size 1/12 of recipe (130g)	
Amount Per Serving	
Calories 100	
% Daily Value*	
Total Fat 0g	0%
Sodium 140mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Protein 2g	
Vitamin A 2%	Vitamin C 15%
Calcium 4%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Facts	
Serving Size 1/12 of recipe (130g)	
Amount Per Serving	
Calories 100	
% Daily Value*	
Total Fat 0g	0%
Sodium 140mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Protein 2g	
Vitamin A 2%	Vitamin C 15%
Calcium 4%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.