

Tangy Fruit Salad

TIME: 5 MINUTES SERVINGS: 6

INGREDIENTS

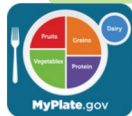
- 2 Tbsp instant sugar-free vanilla pudding mix
- 1 cup fat-free vanilla yogurt
- 1 1/3 cup pineapple chunks
- 1 cup sliced oranges
- 1 cup grapes
- 2 medium bananas, sliced

PROCEDURE

1. Add pudding mix and yogurt in a medium bowl and stir.
2. Mix fruit into yogurt mixture.
3. Put mixture in your refrigerator and serve when chilled.
- 4.



Adapted from
[:https://goodfoodgoodmove.yourtexasbenefits.com/recipes-and-cooking-basics/recipes/tangy-fruit-salad](https://goodfoodgoodmove.yourtexasbenefits.com/recipes-and-cooking-basics/recipes/tangy-fruit-salad)



This institution is an equal opportunity provider. This material was funded in part by SNAP.

Tangy Fruit Salad

TIME: 5 MINUTES SERVINGS: 6

INGREDIENTS

- 2 Tbsp instant sugar-free vanilla pudding mix
- 1 cup fat-free vanilla yogurt
- 1 1/3 cup pineapple chunks
- 1 cup sliced oranges
- 1 cup grapes
- 2 medium bananas, sliced

PROCEDURE

1. Add pudding mix and yogurt in a medium bowl and stir.
2. Mix fruit into yogurt mixture.
3. Put mixture in your refrigerator and serve when chilled.
- 4.



Adapted from
[:https://goodfoodgoodmove.yourtexasbenefits.com/recipes-and-cooking-basics/recipes/tangy-fruit-salad](https://goodfoodgoodmove.yourtexasbenefits.com/recipes-and-cooking-basics/recipes/tangy-fruit-salad)



This institution is an equal opportunity provider. This material was funded in part by SNAP.