

Fruit Salad

Ingredients (makes 15 servings, serving size: 1/2 cup)

- 1 (15 ounce) can Pineapple tidbits, drained (reserve 1 Tablespoon of juice)
- 1/2 cup Craisins
- 1 Apples



Directions

1. Drain pineapple tidbits, reserving 1 Tablespoon of pineapple juice.
2. Toss tidbits, apples and craisins in a bowl.
3. Add 1 Tablespoon of reserved pineapple juice.
4. Serve and enjoy!

Nutrition Information- Per serving

Calories	63	Total Sugars	13.4g	Sodium	1mg
Protein	0.2g	Total Fat	0.1g	Cholesterol	0
Carbohydrate	16.2g	Saturated Fat	0	Fiber	7g



FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program – SNAP and Expanded Food and Nutrition Education Program – EFNEP. SNAP/FoodShare helps families buy the food they need for good health. Visit access.wi.gov to learn how to apply. An AA/EEO employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX and ADA requirements.