

## Easy Fruit Salad

### Ingredients

- \* 2 small bananas, sliced
- \* 1 (8-ounce) low-fat yogurt  
(try vanilla or lemon)
- \* 1 (20-ounce) can pineapple  
chunks in juice, drained
- \* 1 (15-ounce) can (2 cups)  
fruit cocktail in juice,  
drained

### Direction

1. Wash, peel and slice bananas.
2. Drain pineapple chunks and fruit cocktail.
3. Mix fruits and yogurt together.

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4. Cover and chill until ready to serve.
5. For variation use the following fresh fruits, instead of canned:
  - 1 cup grapes, seedless, halved
  - 2 cups cantaloupe, cut into bite size pieces
  - 1 cup strawberries, quartered
  - 1 cup apple, cut into bite size pieces
6. Note: If the pineapple and fruit cocktail are left out, add a little lemon juice to bananas and apples to prevent browning.

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