

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.
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.