

VANILLA FRUIT SALAD

Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 6 (Serving = 1 cup)

Nutrition (per serving)

Calories: 164

Total Fat: 1 g

Saturated Fat: 0 g

Sodium: 106 mg

Total Carbohydrate: 38 g

Dietary Fiber: 5 g

Total Sugars: 24 g

Protein: 2 g



Ingredients

- 2 Tablespoons vanilla sugar-free instant pudding
- 1 – 15 ounce can no sugar added mandarin oranges, in water, drained with $\frac{1}{2}$ cup juice set aside
- 1 – 20 ounce can pineapple chunks, in 100% juice, drained
- 6 kiwi, chopped
- 16 ounces strawberries, quartered

Directions

1. In a large bowl, whisk together juice and vanilla pudding until thickens.
2. Add mandarin oranges, pineapple, kiwi, and strawberries. Mix until well combined.