Magical Fruit Salad

**Ingredients**
- 1 can 20-ounce can pineapple chunks
- ½ pound seedless grapes, red or green
- 2 bananas
- 1¼ cup milk, nonfat or low-fat
- 1 3½-ounce package pudding mix (instant lemon or vanilla)

**Directions**
1. Drain off the juice. Put chunks in a large bowl.
2. Rinse the grapes and drain. Add the grapes to the bowl.
3. Peel the bananas and cut into bite-sized pieces. Add to the bowl.
4. Pour the milk over the fruit. While slowly stirring the fruit mixture, sprinkle in the pudding mix.
5. Let the mixture stand for 5 minutes and serve.
6. Refrigerate leftovers within 2 hours.

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The Family Nutrition Program gives you the tools to make important decisions about your family’s health and well-being.

For information on free classes:
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This material was funded by the USDA/Supplemental Nutrition Assistance Program and USDA/National Institute of Food and Agriculture’s Expanded Food and Nutrition Education Program.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 907-465-3347. UAF is an A/A/EO employer and educational institution.