

Pudding Fruit Salad

Enjoy salad and dessert in one delicious dish!



Level: Easy

Serves 10

Kids' Tool Kit

Can opener
Strainer
Mixing bowl
Knife
Cutting board
Spoon

Ingredients:

- 1 can pineapple chunks with juice (20 ounces)
- 1 can mandarin oranges, drained (11 ounces)
- 1 can fruit cocktail, drained (17 ounces)
- 1 small box instant lemon or vanilla pudding, dry
- 2 bananas



Chef's Choice

Pudding Fruit Salad
Meatloaf
Peas
Milk



Directions:

Remember to wash your hands!

1. In a large bowl, combine canned fruit.
2. Stir in dry pudding and mix well. Refrigerate.
3. Just before serving, slice bananas and add to salad.
4. Keeps well in refrigerator for 2 or 3 days.

Nutrition Facts

Serving Size 1/2 cup (170g)
Servings Per Container 10

Amount Per Serving
Calories 150 **Calories from Fat** 0
% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 38g	13%
Dietary Fiber 2g	6%
Sugars 34g	
Protein 1g	

Vitamin A 2%	•	Vitamin C 15%
Calcium 2%	•	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:	2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Helpful Hints: The pineapple juice gives the pudding liquid needed to mix well. Be sure to drain the oranges and fruit cocktail before adding to the pudding.



Safety Tip: Handle cans and their sharp lids with care. Dispose of them safely.

For more information about this and other fun recipes: contact your county extension office or visit the Web site at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.