

# Fabulous Fruit Salad



1 (15 ounce) can pineapple chunks, drained with juice reserved  
1 apple - peeled, cored and diced  
1 orange - peeled, diced and juice reserved  
1 banana, sliced  
1 cup seedless green grapes, halved

1. In a large bowl, toss together the pineapple, apple, orange, banana and grapes.
2. Add the juice from the pineapple and orange and let chill until serving.

6 Servings

106 calories; .4g fat; 1g Protein; 2.6g Fiber; 27.1g Carbohydrate; 1mg Sodium; 0mg Cholesterol

[Lowfat-recipes.com](http://Lowfat-recipes.com)