

# VANILLA FRUIT SALAD

Vanilla Fruit Salad

*Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian*

*Serves: 6 (Serving = 1 cup)*

## Nutrition (per serving)

Calories: 164	Total Carbohydrate: 38
Total Fat: 1 g	Dietary Fiber: 5 g
Saturated Fat: 0 g	Total Sugars: 24 g
Sodium: 106 mg	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.