

Summer Salad

1-20oz can pineapple tidbits, packed in juice
1-11oz can mandarin oranges, packed in juice
1 pkg. (4 serving size) instant pudding, lemon, no added sugar
1 cup strawberries, fresh, cut into quarters.
1 cup sliced bananas

Drain pineapple and oranges, reserving liquid. Prepare pudding, using liquid from the fruit in place of milk. In a bowl, combine pineapple, oranges and strawberries and gently fold in pudding. Chill for at least 2 hours. Add bananas just before serving. Make 8 servings.

Nutrition Information per Serving: 108 Calories; 0 grams Protein; 0 grams Fat; 27 grams Carbohydrate; 161 mg sodium.