

## Low-fat Dessert: Tangy Fruit Salad

Food Item	F&V Servings	Low-Fat Dairy Servings	Whole Grains Servings	Lean Protein Servings	Sodium (mg)
1 serving Tangy Fruit Salad	1	0.5	0	0	38
<b>TOTAL:</b>	<b>1</b>	<b>0.5</b>	<b>0</b>	<b>0</b>	<b>38</b>

Serves: 4

1 Serving = ½ cup

### Ingredients

- 2 tablespoons instant sugar-free vanilla pudding mix
- 1 cup light vanilla yogurt
- 1 15-ounce can pineapple chunks, in juice, drained
- 1 11-ounce can mandarin oranges, in juice, drained
- 1 cup grapes
- 2 medium bananas, sliced

### Directions

1. Combine pudding mix and yogurt. Mix fruit in medium bowl.
2. Stir fruit into yogurt mixture.
3. Refrigerate. Serve when chilled.