

Fruit Salad Medley

Ingredients:

- 1 (11-oz.) can mandarin oranges
- 2 cups sliced strawberries
- 1 cup sliced bananas
- ½ cup apples, peeled and sliced
- 1 cup miniature marshmallows

Preparation:

Drain oranges, reserving liquid. In a large bowl, combine all ingredients, except marshmallows. Add liquid from oranges to mixture and toss. Cover and chill about an hour. Toss in marshmallows before serving. YIELD: 6 servings

Note: When packing a serving for lunch, keep marshmallows separate and let your child toss them in just before eating.

Nutritional Information:

One serving provides 99 calories, 0 g total fat, 25 g carbohydrate and 1 g protein.

Exchanges:

2 fruits

