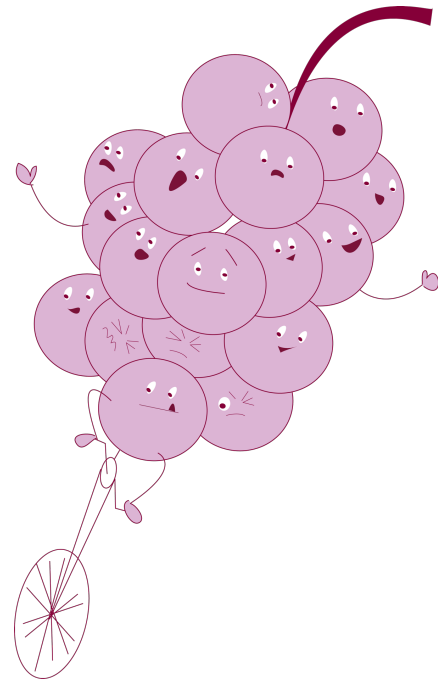


Lip-Smacking Frozen Fruit Salad

Ingredients

- 1 ½ cups seedless red grapes, halved
- 1 ½ cups sliced ripe banana (about 3 bananas)
- 1 ½ cups orange sections (about 2 oranges)
- 1 ½ cups chopped fresh pineapple (you can also use
canned chunks in natural juices)
- 1 ¾ cups pineapple juice
- ½ cup thawed orange juice concentrate



Instructions

1. Combine all ingredients in a large bowl.
2. Pour into a 13 × 9-inch baking dish. Cover and freeze 4 hours until firm.
3. Let stand at room temperature 30 minutes or until slightly thawed before serving.
4. Cut into squares for serving.

With this Frozen Fruit Salad, there is no refined sugar added; the sweetness comes from the fruit juices. It is visually interesting and has a great texture and taste. It is a recipe you can do ahead and have handy in your freezer for lunch or dinner.

Prep time:	15 minutes	Course:	Side Dish or Dessert
Cook time:	0 minutes	Serving size:	12 ounces
Ready in:	45 minutes	Yield:	8 servings
		Calories:	187 calories per serving

Menu: serve with Confetti Pizza Toast;
448 calories per person.