



RECIPE OF THE WEEK

SUNSHINE SALAD 😊

1 (15 oz.) can mandarin oranges (in own juice) **(DO NOT DRAIN)**

1 (20 oz.) can pineapple chunks (in own juice) **(DO NOT DRAIN)**

1 Banana, sliced

1 (1.5 oz.) box fat free, sugar free instant vanilla pudding mix, **DRY**

1. Do not drain fruit!
2. Use dry pudding mix. **DO NOT ADD MILK**
3. Combine all ingredients, and blend well.
4. Chill for one hour.

NUTRITION FACTS:

Calories: 95

Dietary Fiber: 2 grams

Total Fat: .3 grams

Protein: .9 grams

Sodium: 2.3 mg.

Total Carbohydrates: 24.2 grams

Makes 6 servings

FOOD FOR THOUGHT: Do something today that your future self will thank you for ! – Anonymous