



## Layered Fruit Salad

**Source:** *Cooking with Extension* | **Yield:** 22 (½ cup) servings. 58 Calories per serving. Total fat 0g; Protein 0g; Total carbohydrate 15g; Dietary fiber 1.5, Sodium 1mg

### INGREDIENTS:

- 3 (9-inch) bananas or 3 cups sliced
- 2 (14 ounce) cans pineapple chunks in own juice
- 4 cups seedless grapes (about 1 ¼ lbs.)
- 4 cups large fresh strawberries (about 1 lb.)

### DIRECTIONS:

1. Slice bananas into bottom of trifle dish. Pour pineapple chunks and juice over bananas.
2. Sort and wash grapes. Arrange layer of grapes over pineapple.
3. Wash and stem strawberries, cutting away questionable areas. Arrange layer of strawberries over grapes. Cover with plastic wrap. Refrigerate until serving time.
4. If desired, garnish with washed fresh mint leaves or sliced kiwi fruit.