

# Fruit Recipes

## Strawberry Waldorf Salad Serves 10.

1 6-ounce package strawberry gelatin      1 1/2 cup diced apples  
1/4 cup sugar      1/2 cup sliced celery  
1 1/2 cup boiling water      1/3 cup chopped walnuts (optional)  
2 cups sliced fresh strawberries      1 cup low fat sour cream



1. Dissolve gelatin and sugar in boiling water; cool.
2. Add berries, apples, celery, and walnuts; mix well. Chill until almost jelly-like.
3. Fold in sour cream. Pour into 5-cup ring mold or other serving dish; chill until firm.

Nutrition Facts (per serving with walnuts): Calories 160 ~ fat 6 g ~ calories from fat 50 ~ sodium 85 mg ~ total carbohydrate 26 g ~ fiber 1 g

## Magical Fruit Salad Serves 8.

1 can pineapple chunks with juice (20 ounces)      1 3/4 cups milk  
1 can fruit cocktail, drained (15 ounces)      1 small box instant lemon or vanilla pudding  
2 bananas, sliced

1. Place fruit in a medium-sized bowl.
2. Rinse the bananas with cold water, peel and cut into bite-size pieces, add to pineapple and fruit cocktail. Stir carefully.
3. Pour the milk over the fruit. Slowly stir the fruit mixture and sprinkle in the pudding mix. Be sure all the ingredients are mixed.
4. Let the mixture stand for 5 minutes.

NUTRITION FACTS (per serving) - Calories 170 ~ fat 1 g ~ calories from fat 15 ~ sodium 200 mg ~ total carbohydrate 40 g ~ fiber 2 g

## Orange-Peach Refresher Serves 2

2 medium peaches, fresh or canned peaches      1/4 cup nonfat dry milk powder  
1 cup orange juice      8 ice cubes



1. Peel and pit fresh peaches or use 4 canned peach halves.
2. In blender container combine fruit, orange juice, milk powder, ice cubes.
3. Cover and blend until smooth.

Nutrition Facts (per serving): Calories 140 ~ fat 0 ~ calories from fat 0 ~ sodium 45 mg ~ total carbohydrate 26 g ~ fiber 1 g



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