

CUT 

## Frozen Fruit Salad



Where service *and savings* matter.

**SERVINGS:** 20

### INGREDIENTS:

### NUTRITIONALS

Nutritional analysis per serving:  
calories 100, calories from fat 40, total fat 4.5g, saturated fat 1.5g, cholesterol 0mg, sodium 10mg, total carbohydrate 15g, dietary fiber 1g, sugars 9g, protein 1g, vitamin A 2%, vitamin C 4%, calcium 2%, iron 2%

½ cup (4¼ fl oz) buttermilk  
½ cup (4¼ fl oz) fat free sour cream  
¼ cup (1¾ oz) sugar  
½ cup (½ oz) Splenda  
1 tsp vanilla  
¾ cup pecans, chopped and toasted  
4 small ripe bananas, mashed  
8 oz Cool-Whip Light  
1-8 oz can crushed pineapple

### DIRECTIONS:

1. Mix together and pour into a 7x11" Pyrex dish and freeze.

visit [unitedtexas.com](http://unitedtexas.com) for more recipe ideas

### ★ Frozen Fruit Salad ★

## Shopping List

#### PRODUCE:

- 4 small ripe bananas

#### DAIRY:

- buttermilk
- fat free sour cream

#### GROCERY/FROZEN/ MISCELLANEOUS:

- sugar
- Splenda
- vanilla extract
- pecans
- Cool-Whip Light
- crushed pineapple, canned