

# Refreshing Fruit Salad

---

- 1 can (15 ounces) mandarin oranges, canned in juice
- 1 can (20 ounces) pineapple chunks, canned in pineapple juice
- 1 cup fat free whipped topping
- 1 cup miniature marshmallows

**Makes 8 portions, 1/2 cup each**

Per portion

Calories:	91
Carbohydrate:	22 grams
Protein:	0
Fat:	0
Saturated fat:	0
Cholesterol:	0
Sodium:	19 milligrams
Dietary fiber:	1 gram

- 
1. Drain mandarin oranges and pineapple thoroughly.
  2. Combine all ingredients and refrigerate.
  3. Refrigerate until ready to serve.