



## Great as a Salad or Dessert!

### Fruit Combo and Sauce

**Makes**  
4 servings

**Ingredients:**

- 2 tablespoons sugar
- 2 teaspoons cornstarch
- 1 cup pineapple juice
- 2 teaspoons lemon juice
- ¼ teaspoon lemon peel
- 1 cup canned pineapple tidbits
- 1 cup banana slices
- 1 cup kiwi slices
- 1 cup grapes, cut in half



**Directions:**

1. Combine sugar and cornstarch in medium saucepan. Add pineapple juice, lemon juice, and lemon peel.
2. Cook, stirring constantly, over medium-high heat until mixture comes to a boil. Reduce heat to low and cook 2 minutes or until slightly thickened. Cool slightly. Sauce can be served warm or chilled.
3. Combine fruit and spoon into individual dishes. Spoon sauce over fruit and serve.

**Nutrition Facts:**

One 1 cup serving provides 190 calories, 0 mg Total Fat, 0 g Saturated Fat, 0 g Trans Fat, 0 mg Sodium, 47 g Carbohydrates, 2 g Dietary Fiber, 28 g Sugar, 1 g Protein, 4% Calcium, 4% Iron

**Kids-a-Cookin' Recipe**

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**Kansas State University Agricultural Experiment Station and Cooperative Extension Service**

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