

Red, White, and Blue Salad

Ingredients

- 1/2 cup bananas
- 1/2 cup strawberries
- 1/2 cup blueberries
- 1 tsp sugar

Notes

Number of Portions: 4

Serving Size: 1/4 cup

Nutrition Facts: 34

calories, 0.17 g fat, 0.03 g saturated fat, 1 mg sodium, 8.67 g carbohydrate, 1.23 g fiber, 5.6 g sugar, 0.44 g protein

Directions

1. Wash all fruit.
2. Peel and dice bananas and place into a large bowl. Dice strawberries and place in bowl with bananas. Add blueberries to bananas mixture and add sugar.
3. Mix very gently and place in refrigerator for 30 minutes before serving.

