

Fruit Salad for Diabetics

from a diabetic magazine.

Ingredients:

- 1 Fresh Pineapple
- 1 Fresh medium sized Cantaloupe
- 1 Small bag of Red Grapes
- 1 Small Bag Medium sized Gala Apples (or similar) (Red delicious, Golden delicious, Stamen Winesap won't hold up will spoil in a day or two)
- 1 Small Box Jell-O® Sugarless Instant Pudding mix

Directions:

Wash Grapes, dry thoroughly. Take one bunch, pull of 15-20 grapes, take paring knife and split in half. Reserve in separate Bowl for use later.

Peel Pineapple (cutting ends off, peel sides). Next with sharp knife split in quarters. Locate the core and cut out. Now once de-cored, split each quarter in half lengthwise, first. Then turn each eighth, side ways and use a Paring knife cut in pieces about $\frac{3}{8}$ " of an inch thick. Repeat for remaining pieces. Reserve in separate Bowl for use later.

Peel Cantaloupe, slice in thin slices lengthwise. Then each slice in $\frac{3}{8}$ " width pieces. Reserve in separate Bowl for use later.

Peel one Apple, quarter, remove core, then split quarter in half lengthwise. Next turn each piece and with paring knife cut in $\frac{3}{8}$ " thick pieces. Reserve in separate Bowl for use later.

Assembly:

In large Tupperware bowl or equivalent, spoon or, pour some, Pineapple, Cantaloupe, and Apple in bowl then, add split grapes.

Next open package of Instant Pudding and sprinkle from the bag (about half the contents).

Now take a large spoon and toss items like making a Tossed salad. The reaction of the Pineapple Juice and the Pudding make a sweet coating.

To serve if your diabetic use either a glass 1 cup container like you use to measure out ingredients, and fill it half full. Or use ramekins.

Or, if your not serve any size you want.

You only want to combine enough in bowl with pudding mix to last a couple of days if your diabetic, that is the reason you reserve the ingredients in separate bowls.