

## Catherine's Morning Fruit Salad

Catherine EA Calgary Stampede

Great as an easy breakfast fruit for large groups – can be made up a day in advance, or as a nice lunch salad or dessert.

135 g package of Vanilla Pudding (not instant)

for sugar free diets – use sugar free pudding

2 tins of mandarin oranges

2 tins pineapple chunks

Reserve the juice from the fruit and add water to make up 5 ½ cups liquid.

Add the pudding powder to the liquid and cook on medium heat until sauce is thick and clear. Stir often.

Add 1 Tablespoon lemon juice.

Allow to cool thoroughly.

In large bowl mix the mandarin oranges, pineapple and add fresh fruits - honeydew and cantaloupe melons, seedless grapes, apples, mangos and pears. Canned peaches and pears can be added if fresh fruit is in short supply.

Add the sauce and fold in the fruit until evenly coated.

This lasts 5 days in the fridge and more fruit can be added as needed.

Note: Citrus fruits are not recommended. Add bananas only to salad being served immediately.

