

BEYOND HUNGER

Filipino Fruit Salad

This recipe comes straight to you from our Nutrition Intern's home. This fruit salad is Justine and her family's favorite dessert to eat after dinners. It features fruits that are in season which is brought together by a creamy and sweet sauce. Many people in the Philippines indulge in this fruit salad to cool off during hot summers.

Yields: 10 cups

Serving Size: 1 cup

Ingredients:

- 1 can (8 oz) table cream
- ½ can (7 oz) condensed milk
- 1 can (30 oz) mixed fruit cocktail (drained and rinsed)
- 3 cups sliced fruit of your choice. Here are some suggestions:
 - Grapes
 - Strawberries
 - Blueberries
 - Watermelon
 - Apples

Instructions:

1. In a large bowl, add and mix the sweetened condensed milk and table cream.
2. Add the rest of the ingredients and mix until well combined.
3. Cover bowl with a cling wrap and chill before serving. Enjoy!

Per Serving: Calories 170 kcal, Carbohydrates 28g, Protein 4g, Fat 7g, Sodium 42mg, Sugars 20g

This recipe was adapted from Justine Resuello