

Braylon Crain
Senior
Fruits and Vegetables
Gregg County

Pumped Up Fruit Salad

1 cup of fruit cocktail	1 cup sliced seedless grapes
1 cup of pineapple chunks	1/2 of pecans
1 cup sliced apples	3-4 romaine lettuce leaves
1 cup mandarin oranges	4 or 5 cherries
1/2 cup of raisins	2 cups of cool whip

Drain fruit cocktail, pineapple chunks and mandarian oranges of all juice

Slice all grapes in half, slice apples in chunks.

Place lettuce leaves in bowl, in separate bowl mix all fruit with the exception of cherries. Add cool whip and gently stir, once all fruit has been coated with cool whip, spoon all fruit on top of lettuce leaves.

Garnish with pecans and cherries

Chill 1-2 hours before serving

Yield: 8-10 servings