



BODYBUILDING.com™

White Chocolate Fluff Fruit Salad

Ingredients:

Crushed pineapple with juice 1 cup

Instant sugar-free, fat-free white chocolate pudding powder mix 1 3-ounce package

Light frozen whipped topping, thawed 12-ounce container

Almonds, sliced 1/4 cup

Mandarin oranges, drained 12-ounce can

Strawberries, sliced 1/2 cup

Cantaloupe, finely diced 1/2 cup

Seedless grapes, halved 1/2 cup

Directions:

1. Combine the pudding powder and pineapple in a bowl. Mix well.
2. Fold in the whipped topping, then stir in the remaining fruit and sliced almonds.
3. Cover and let set for one to two hours. Serve.