**Orange Cream Fruit Salad**

1 (3.5 ounce) package instant vanilla pudding mix

1 ½ cups milk

1/3 cup frozen orange juice concentrate, thawed

¾ cup sour cream

1 (20 ounce) can pineapple tidbits, drained

1 (15 ounce) can sliced peaches, drained

1 (11 ounce) can mandarin orange segments, drained

1 bananas, sliced

1 apple, cored, and sliced

Directions:

1. In a medium mixing bowl, combine pudding mix, milk, and orange juice concentrate.
2. Beat with an electric mixer on medium speed for 2 minutes.
3. Stir in sour cream until thoroughly blended.
4. In a large salad bowl, combine the fruits.
5. Gently stir in dressing to completely coat fruits.
6. Cover and refrigerate for 2 hours or until chilled.

Yield: 10 servings

Nutritional Information:

Calories – 215

Protein – 2.6 g

Total Fat – 4.6 g

Sodium - 178 mg

Cholesterol - 10 mg

Fiber - 2 g

Carbohydrates - 43 g