

# Simple Fruit Salad

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-banana-salad-recipe>

## Ingredients:

- 3 bananas sliced
- 4 peaches medium, or 1 medium pineapple, sliced
- 1 pint strawberries hulled and sliced
- 1 pint blueberries

## Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 54 grams
3. Fiber: 9 grams
4. Protein: 4 grams
5. Sugar: 36 grams

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