

Sunshine Salad: Easy, Refreshing & Fruity Summer Dessert

Sunshine Salad: A Burst of Tropical Brightness for Your Day!



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INGREDIENTS

- 1 fresh pineapple, cored and cut into chunks
- 1 can (15 oz) of Mandarin oranges in light syrup (keep the syrup!)
- 2 bananas, peeled and sliced
- 1 box (4 serving size) Jell-O sugar-free vanilla instant pudding (dry mix)

Swaps and Notes:

Pineapple: Fresh pineapple offers the best flavor and texture. Canned pineapple chunks (drained, but you could use a tiny bit of their juice if the salad seems too dry) could work in a pinch.

Mandarin Oranges: Keeping them in their light syrup is essential, as the syrup helps activate the pudding mix and adds natural sweetness.

Bananas: Use ripe bananas that are still firm enough to hold their shape when sliced.

Vanilla Pudding Mix: Jell-O sugar-free vanilla instant pudding mix is key. The "instant" part is important, and the sugar-free helps manage sweetness if preferred, allowing the fruit's natural sugars to shine. Regular vanilla instant pudding mix can also be used.

Other Fruits (Optional): You could experiment with other soft fruits like peaches, grapes, or berries, but the core pineapple, oranges, and bananas create the classic "Sunshine" flavor.

Toppings (Optional): A sprinkle of shredded coconut, chopped pecans, or a dollop of whipped

cream could be added before serving for extra flair.

Directions:

Prepare Oranges: Keep the Mandarin oranges in their syrup; don't drain them. This will add a lovely sweetness to your salad and is crucial for the pudding mix activation!

Chop Fruits: Chop the fresh pineapple into bite-sized chunks and slice the bananas into delightful rounds.

Combine All Fruity Goodness: In a large bowl, combine the pineapple chunks, Mandarin oranges (with their syrup), and sliced bananas.

Sprinkle Pudding Mix: Sprinkle the dry Jell-O sugar-free vanilla instant pudding mix evenly over the fruit. There's no need to mix it with milk beforehand - the fruit juices and orange syrup will do the trick!

Stir Thoroughly: Stir everything together thoroughly, making sure every piece of fruit is coated with the dry pudding mix. Continue stirring until the mixture starts to look creamy and well-combined.

Chill: Cover the bowl with plastic wrap and pop it in the fridge for at least an hour before serving. This chilling time allows the pudding mix to fully activate and thicken the juices into a creamy sauce, making each serving about one cup of sunshine!

Tips for Success:

Don't Drain Mandarin Oranges: This is crucial! The syrup is vital for activating the pudding mix and adding to the creamy texture.

Instant Pudding: Make sure it's instant pudding mix, not cook-and-serve.

Chill Time: Allow sufficient chilling time for the pudding mix to set and the flavors to meld.

Ripe Bananas: Use bananas that are ripe but still firm enough to hold their shape when sliced.

Gentle Stirring: Stir gently enough to coat all fruit without mashing softer fruits like bananas.

Serving Suggestions and Pairings:

Storage and Leftover Tips:

More Recipes You Will Love:

For a truly classic, crowd-pleasing dessert that feeds a big family, don't miss my [This Big Family Banana Pudding Is My Favorite Classic Dessert to Feed a Crowd](#).

If you're a fan of quick and incredibly easy no-bake desserts, check out my [This Easy Ice Cream Sandwich Cake Is My Favorite No-Bake Summer Dessert](#) or my [This No-Bake Oreo Cream Pie Is My Favorite Quick Dessert Hack](#).

Final Thoughts:

DIRECTIONS

1. Making this : Sunshine Salad is incredibly simple - just chop, combine, and chill!
2. Prepare : Oranges: Keep the Mandarin oranges in their syrup; don't drain them. This will add a lovely sweetness to your salad and is crucial for the pudding mix activation!
3. Chop : Fruits: Chop the fresh pineapple into bite-sized chunks and slice the bananas into delightful rounds.
4. Combine : All Fruity Goodness: In a large bowl, combine the pineapple chunks, Mandarin oranges (with their syrup), and sliced bananas.
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8. Tips for Success: Don't Drain Mandarin Oranges: This is crucial! The syrup is vital for activating the pudding mix and adding to the creamy texture.
9. Instant : Pudding: Make sure it's instant pudding mix, not cook-and-serve.

10. **Chill :** Time: Allow sufficient chilling time for the pudding mix to set and the flavors to meld.
11. **Ripe :** Bananas: Use bananas that are ripe but still firm enough to hold their shape when sliced.
12. **Gentle :** Stirring: Stir gently enough to coat all fruit without mashing softer fruits like bananas.
13. **Serving Suggestions and Pairings:** This Sunshine Salad is a fantastic, light dessert or refreshing side dish for any summer gathering. It's perfect for picnics, potlucks, barbecues, or as a simple sweet treat after dinner. It pairs wonderfully with a tall glass of iced tea or a fruity beverage like my [This Blueberry Lemonade Is My Favorite Refreshing Drink for Sunny Days](#) or my [Refreshing Strawberry Mojito Recipe \(Perfect For!\)](#).
14. **Storage and Leftover Tips:** Leftover Sunshine Salad can be stored in an airtight container in the refrigerator for up to 2-3 days. The bananas may brown slightly over time, but the flavor will still be good. It's best enjoyed within the first day or two for optimal freshness. Freezing is not recommended for this salad.
15. **More Recipes You Will Love:** If you loved the easy, no-bake nature and comforting creaminess of this fruit salad, here are a few more delightful dessert recipes that I think you'll absolutely love:
16. For a truly classic, crowd-pleasing dessert that feeds a big family, don't miss my [This Big Family Banana Pudding Is My Favorite Classic Dessert to Feed a Crowd](#).
17. If you're a fan of quick and incredibly easy no-bake desserts, check out my [This Easy Ice Cream Sandwich Cake Is My Favorite No-Bake Summer Dessert](#) or my [This No-Bake Oreo Cream Pie Is My Favorite Quick Dessert Hack](#).
18. **Final Thoughts:** This Sunshine Salad is a simple, yet incredibly effective way to bring a burst of bright, tropical flavor and creamy delight to your table. It's easy to make, light, and perfect for cooling down on those hot summer days. Give it a try, and enjoy a spoonful of sunshine!
19. What's your favorite no-fuss fruit dessert for summer? Share your ideas and feedback in the comments below, and don't forget to follow [Chef Maniac](#) for more delightful and inspiring recipes!

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TIPS FOR SUCCESS

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More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/sunshine-salad-easy-refreshing-fruity-summer-dessert/>