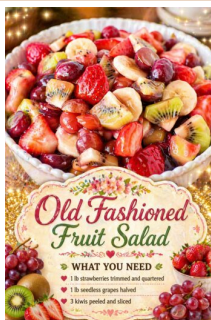


Old-Fashioned Fruit Salad Recipe: Cool, Creamy, and Perfect for Any Gathering

Old-Fashioned Fruit Salad Recipe



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INGREDIENTS

- 1 can pineapple tidbits, drained
- 1 can mandarin oranges, drained
- 1 cup seedless grapes, halved
- 1 cup sliced strawberries or chopped apples
- 1 banana, sliced
- 1 cup mini marshmallows
- 1 cup sour cream or vanilla yogurt
- 1 container whipped topping, thawed
- 1 teaspoon vanilla extract, optional
- Maraschino cherries, optional for garnish

DIRECTIONS

1. Prep the fruit: Drain the pineapple and mandarin oranges thoroughly. Wash and prep the grapes, strawberries or apples, and banana.
2. Make the creamy base: In a large bowl, stir together the sour cream or vanilla yogurt, whipped topping, and vanilla extract if using.
3. Add the fruit: Gently fold in the pineapple, mandarin oranges, grapes, strawberries or apples, and mini marshmallows.
4. Add banana last: Fold in the sliced banana just before chilling or serving to help keep it from browning too quickly.
5. Chill: Cover and refrigerate for at least 1 hour so the flavors can come together.
6. Serve: Spoon into a serving bowl and garnish with maraschino cherries if desired.

SWAPS & NOTES

Fruit: Canned pineapple and mandarin oranges are classic, but fresh grapes, strawberries, blueberries, or apples work beautifully too.

Bananas: These add creaminess and sweetness, but they are best stirred in right before serving if you want the freshest look.

Sour cream or yogurt: Sour cream gives that old-school tangy flavor, while vanilla yogurt makes the salad a little lighter and sweeter.

Whipped topping: This creates the fluffy, creamy texture that makes the salad feel nostalgic and dessert-like.

TIPS FOR SUCCESS

The most important tip for fruit salad is keeping excess moisture under control.

Drain canned fruit thoroughly and pat very juicy fresh fruit dry if needed.

That helps the creamy mixture stay fluffy instead of getting thin and watery.

Mandarin oranges and bananas can break down quickly, so use a light hand when mixing.

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