



PURITY DAIRIES

DELICIOUS RECIPES USING PURITY PRODUCTS

TROPICAL FRUIT SALAD

- 1 (16-ounce) carton PURITY LOWFAT COTTAGE CHEESE
- 1 (8-ounce) container light frozen whipped topping, thawed
- 1 (0.3-ounce) package orange gelatin
- 1 (20-ounce) can pineapple chunks, drained
- 1 (15-ounce) can mandarin orange segments, drained
- 2 small bananas, sliced
- 1/2 cup shredded coconut, 1/2 cup chopped toasted pecans (Optional)

Combine cottage cheese and whipped topping in large mixing bowl. Sprinkle dry gelatin over top and stir to mix completely. Fold in drained fruits. Stir in coconut and pecans if desired. **May use other fruits and gelatin flavors.

Yield: 6-8 servings.