
Food for the Soul

Good & Easy Fruit Salad

Salads

1 can chunk pineapple

2 bananas

1 apple of choice

1 C seedless grapes

1 C any other canned or fresh fruit of your choice

1 pkg sugar free vanilla pudding

1/2 cup chopped walnuts or pecans (optional)

Cool Whip (Optional)

Instructions

Drain pineapple juice into a large serving bowl and stir in vanilla pudding until dissolved. Chop all other fruits into bite sized pieces and combine with nuts into mixture. Add orange juice if needed to cover all fruit. For more of a dessert, top with Cool Whip and serve. It's always a hit!

Philippians 4:13 "I can do all things through Christ who strengthens me", is a scripture I have clung to all my life. It's amazing what you can do when you truly let the Lord take hold of your heart and mind and allow Him to work in you, especially when you think there's no way you'll make it one more step. I learned this early in life with a very difficult family illness that lasted 25 years. The Lord walked right beside my family and supported us the entire time. Years later we can now see how He held us in His hands and guided our every step. Sometimes we learn the most when things seem impossible, because that's when the Lord shows you what you're made of and how to let Him truly be Lord of your life.

--Missy Ainsley
