

NELL'S FROZEN FRUIT SALAD

8 oz. carton sour cream (or yogurt)
1 #2 can fruit cocktail with syrup
2 small cans crushed pineapple, drained
3 banana's, sliced thin
1/2 cup sugar
2 tablespoons lemon juice
1/2 cup chopped nuts

Combine all ingredients. Place cupcake papers in muffin tins and fill with mixture. Freeze. Remove paper liners before serving. You may, after freezing, remove salad (still in paper liners) and store in freezer in plastic bags or a flat container. To serve remove papers and place on lettuce leaf while preparing meal to let thawing begin. Very pretty and nice complement to a hot meal.

Janet Ambler