# Diabetic Friendly Pistachio Fruit Salad

1. (20 ounce) can crushed unsweetened pineapple, drained. Save juice
2. (1 ounce) package instant sugar-free pistachio pudding mix

15 ounces fruit cocktail, drained

1. (11 ounce ) can mandarin oranges in light syrup or juice, drained.

1 cup reduced-fat whipped topping.

In a bowl, whisk together pineapple juice and pudding mix for 2 minutes.

Stir in fruit cocktail and oranges. Fold in Whipped topping, cover and refrigerate

Until serving.