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TROPICAL FRUIT SALAD

12 Servings • 1 Serving = ½ Cup

INGREDIENTS

- ¼ small pineapple, peeled, cored, and cut into cubes (about 2 cups)
- 2 large mangoes, peeled and cut into cubes
- 2 kiwis, peeled and sliced into half-moons
- 1 orange
- ¼ cup fresh mint leaves
- ¼ cup toasted unsweetened coconut chips

DIRECTIONS

1. Combine the pineapple, mango and kiwis and spread out on a plate or combine in a large bowl.
2. Slice the orange in half and squeeze the juice over the mixed fruit. Let chill for at least half an hour.
3. Right before serving, gently tear the mint leaves and stir through the fruit. Top with the toasted unsweetened coconut chips.

To toast coconut, spread evenly on a baking sheet. Toast in a preheated 350°F oven for 7-8 minutes or until golden brown, stirring every few minutes.

NUTRITION FACTS Serving Size = ½ cup (102g); Servings per container = 12; Calories 70; Total Fat 1.5g (2%); Saturated Fat 1g (5%); Cholesterol 0mg (0%); Sodium 0mg (0%); Total Carbohydrate 15g (5%); Dietary Fiber 2g (8%); Sugars 12g; Proteins 1g.

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