



Tropical Fruit Salad



Where service *and savings* matter.

SERVINGS: 4 (1 cup per serving)

INGREDIENTS:

NUTRITIONALS

Nutritional analysis per serving:
calories 130, calories from fat 15,
total fat 2g, saturated fat 1.5g,
trans fat 0g, cholesterol 0mg,
sodium 15mg, total carbohydrate
30g, dietary fiber 3g, sugars 22g,
**protein 1g, vitamin A 15%, vitamin
C 70%, calcium 2%, iron 2%**

¼ cup Food Club Sweetened Coconut Flakes
2 cups cubed peeled ripe mango or papaya
1 cup cubed fresh pineapple
1 cup thinly sliced banana
2 tsp fresh lime juice

Tip: You can toast coconut in small nonstick pan over medium heat for approximately 5 minutes. Stir frequently to prevent burning.

DIRECTIONS:

Preheat oven to 350 degrees. Arrange coconut in single layer on baking sheet; bake at 350° for 6 minutes or until golden. Cool 5 minutes.

Combine the mango, pineapple and banana in a medium bowl. Add coconut and juice, tossing gently to coat. Serve immediately, or cover and chill up to 30 minutes before serving.

Source: Health magazine

visit unitedtexas.com for more recipe ideas

★ Tropical Fruit Salad ★ Shopping List

PRODUCE:

- 2 mangos
- 1 pineapple
- 1 banana
- 1 lime

GROCERY/FROZEN/ MISCELLANEOUS:

- Food Club Sweetened Coconut Flakes