

Tropical Fruit Cup

Serving size: ~1 Cup

Serves: 6

Ingredients:

½ cup fresh pineapple, diced ½ inch
½ cup (approx 2) fresh kiwis, peeled, quartered, sliced ½ inch
¾ cup fresh orange sections, peeled and seeded
¾ cup fresh strawberries, topped and quartered
1 ½ cup papaya, fresh peeled and cubed ½ inch
1 ½ cup mangos, fresh peeled and cubed ½ inch
1 ounce shredded sweetened coconut

Directions:

1. Combine the fruits in a large bowl and toss gently.
2. Sprinkle coconut on top.
3. Cover and chill the fruit thoroughly before serving.

Exchanges per serving:

1 ½ Fruit, ½ Fat

Nutrients per serving:

Calories: 100

Calories from fat: 22

Total Fat: 3g

Cholesterol: 0mg

Sodium: 4mg

Total Carbohydrate: 20g

Dietary Fiber: 3g

Protein: 1g