## Vitamin C Tropical Fruit Salad

This easy fruit salad tastes like a tropical vacation! In addition, it has almost your entire daily value of Vitamin C!

Serves 8



## Nutrition Facts Serving Size About 1 Cup Servings Per Recipe 8 Amount Per Serving

Amount Per Ser	ving		
Calories 210	) Cal	ories fron	n Fat 70
		% Da	aily Value*
Total Fat 8g		<b>12</b> %	
Saturated Fat 5g			25%
Trans Fat	0g		
Cholesterol		0%	
Sodium 50m		2%	
Total Carbohydrate 32g 1			11%
Dietary Fiber 4g			16%
Sugars 23	g		
Protein 6g			
Vitamin A 15	% •	Vitamin 0	C 80%
Calcium 6%	•	Iron 4%	
*Percent Daily Va diet. Your daily va depending on you	alues may b	e higher or I	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran	Less than Less than ite	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Please note: nutritional values are approximate.

## Ingredients

- 1 cup mango, chopped (fresh or frozen)
- 2 cups pineapple chunks or tidbits (fresh or canned)
- 2 cups navel oranges, peeled and chopped
- 2 bananas, thinly sliced
- ½ cup cashew halves
- ¾ cup plain, non-fat Greek yogurt
- ½ cup pineapple or orange juice (if using canned pineapple, you can use the juice)
- ½ cup shredded coconut

## **Directions**

- 1. In a large bowl, stir together mango, pineapple, orange, banana, and cashews.
- 2. In a separate small bowl, mix together the yogurt and juice.
- 3. Pour yogurt mixture into fruit and gently stir until fruit mixture is evenly coated.
- 4. Sprinkle shredded coconut over the top of salad.
- 5. Serve chilled.

