

Tropical Fruit Salad

Ingredients:

- 1 pineapple
 - 2 clamshell boxes strawberries
 - 2 mangoes
 - 2 bananas
 - Juice of 1 lime
- Optional**
- Chopped candied ginger *
 - Flaked coconut *
 - Dark rum

Directions:

1. Prep the fruit in the order given - which is also in order of the time required to prep them. If you use a clear bowl (crystal, glass, plastic), layer them in the same order.
2. Peel, take out the core, and chop the pineapple.
3. Wash, hull, and slice the strawberries.
4. Peel, pit, and dice the mangoes.
5. Peel and slice the bananas into circles.
6. Arrange fruit in the bowl and squeeze/drizzle lime juice over the top (mainly on the bananas to prevent browning.)

* If candied ginger and/or coconut is used, toss the first 3 fruits with them and then layer the banana slices.

Can be eaten as is, or with a dollop of whipped cream at the top, or served with a teaspoonful of dark rum drizzled over the serving.

The juice that gathers at the bottom of the bowl is gorgeous - drink it with soda water over ice with a splash of lime!

Shared by: Mary Jane Mailander

Registered Dietician Notes:

Calories: 77
Protein: 0 g
Carbohydrates: 18 g
Fat: 0 g