



## TROPICAL FRUIT SALAD

July 18

National Tropical Fruit Day

### INGREDIENTS

- 2 Cups Cubed Watermelon
- 1 Cup Cubed Pineapple
- 2 Cups Cubed Mango
- 1 Cup Cubed Dragon Fruit Flesh
- 1 Tablespoon Mint Leaves
- 2 Tablespoons Plain Yogurt (ensure it meets sugar limits)
- Squeeze of Lime Juice
- Balsamic Reduction or Honey (drizzle on top)

### DIRECTIONS

1. Cut all the fresh fruit into cubes of approximately the same size and toss in a medium bowl.
2. Sprinkle with the small mint leaves and top with the yogurt.
3. Squeeze lime juice on top of the yogurt.
4. Finally, drizzle balsamic reduction over the salad to taste.
5. Toss everything to combine before serving.

### MEAL PATTERN CONTRIBUTION

 Fruit

### MEAL TYPE

 Breakfast

### YIELD

6 Cups

### PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Cup	½ Cup	½ Cup	½ Cup