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

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

Nutrition Facts

Serving Size About 1 Cup
Servings Per Recipe 8

Amount Per Serving

Calories 210	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 50mg	**2%**
Total Carbohydrate 32g	**11%**
Dietary Fiber 4g	**16%**
Sugars 23g	
Protein 6g	

Vitamin A 15% • Vitamin C 80%
Calcium 6% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

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.

HEALTHY YOUTH PROGRAM
Oregon State University
POWERED by ORANGES
LPI
LINUS PAULING INSTITUTE
Fitness & Nutrition!

Visit our website for more great recipes and program information- http://lpi.oregonstate.edu/healthyyouth