

Island Fruit with Cinnamon and Coconut

INGREDIENTS

- 1/2 cup papaya, diced (may use canned, fresh, or unsweetened)
- 1/2 cup mango, diced (may use canned, fresh, or unsweetened)
- 1 cup pineapple, diced (may use canned, fresh, or unsweetened)
- 1/2 cup passion fruit juice, unsweetened (may also use apple, orange, or lemon juice)
- 2 tsp. cornstarch
- 1/2 tsp. cinnamon or 1 cinnamon sticks
- 3 sprigs fresh mint leaves, cleaned
- 1 TBSP. toasted, shredded coconut

INSTRUCTIONS

1. Prepare fruit and place in a serving dish.
2. Combine passion fruit juice, cornstarch, and cinnamon in a small saucepan and heat over medium heat, stirring, for 3-5 minutes until thickened.
3. Add mint leaves to sauce and pour over fruit.
4. Toss fruit to coat with sauce.
5. Cover and chill for 3-5 hours.
6. Remove mint leaves.
7. Sprinkle toasted shredded coconut on top of fruit, and serve

5 servings, 1/2 cup each

Nutrition Facts – amount per serving

Calories: 54

Carbohydrate: 13 g

Protein: 0 g

Fat: 0g

Saturated fat: 0 g

Sodium: 5 mg

Fiber: 1 g

Exchanges:

1 Fruit or 1 Carbohydrate