

Tropical fruit salad with coconut yoghurt



Tropical fruit salad with coconut yoghurt

Preparation: about 20 minutes

Cooking: about 2 minutes

Serves: 4

1/3 cup shredded coconut

1 1/2 cups thick natural yoghurt

2 tbs brown sugar

250g strawberries, hulled

1/2 Bethonga Gold pineapple, peeled and chopped

2 passionfruit, pulp removed

1 mango, peeled and chopped

1. Toast coconut in a small frying pan over medium heat for 2 minutes until golden. Transfer to a plate and set aside to cool. Combine yoghurt, coconut and brown sugar in a bowl. Stir to combine.
2. Place strawberries, pineapple, passionfruit and mango in a bowl. Gently toss to combine. Spoon coconut yoghurt and fruit into serving glasses and serve.



Passionfruit

- The seeds in passionfruit give this fruit top marks as a source of fibre. Dietary fibre helps keep the intestine healthy.
- A good source of beta carotene which the body converts to vitamin A. This vitamin is important for vision in dim light.
- A good source of the B vitamins riboflavin (B2) and niacin (B3), both of which are vital for the biochemical reactions that release energy from the proteins, fats and carbohydrates in our food.