

Papaya, mango & pineapple with lime yoghurt



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Preparation 20 mins | Cooking 5 mins | Serves 4

This is excellent for a healthy breakfast or brunch.

¼ cup shredded coconut

½ medium ripe papaya

1 ripe mango

½ small pineapple

Lime yoghurt:

1 tbs lime juice

1 tsp finely grated lime zest

½ cup thick sweetened natural yoghurt

STEP 1 Preheat oven to 180°C/160°C fan-forced. Line a small baking pan with baking paper. Sprinkle with coconut and bake for 5-8 minutes until golden and toasted. Set aside to cool.

STEP 2 Peel and deseed papaya. Peel mango and slice off the mango cheeks. Peel pineapple. Cut the fruit into thick slices and arrange on a serving platter or plates.

STEP 3 To make lime yoghurt, combine all ingredients in a bowl. Serve with fruit and shredded coconut.

Good for you... *MANGO*

A source of dietary fibre that helps prevent constipation and also potassium that helps balance the sodium from salt.

