

Tropical fruit salad with coconut & yoghurt



Tropical fruit salad with coconut & yoghurt

Preparation 15 mins | Cooking 3 | Serves 4

For a breakfast fruit sundae, substitute the coconut with toasted muesli.

¼ cup coconut flakes

1 plump mango

¼ small pineapple, peeled

2 ripe bananas

2 passionfruit, pulp removed

250g reduced fat Greek-style natural yoghurt

STEP 1 Place coconut into a small frying pan and cook, stirring constantly, over medium heat until pale golden. Remove from heat and set aside to cool.

STEP 2 Peel and dice mango flesh. Remove core and dice pineapple. Peel and thickly slice bananas. Combine mango, pineapple and bananas in a bowl. Drizzle over passionfruit and toss to combine.

STEP 3 To serve, spoon fruit mixture into serving cups or glasses, top with yoghurt and toasted coconut and serve.

Good for you... **BANANAS**

A good source of vitamin C which contributes to the normal functioning of the body's immune system.

A source of vitamins B6 and folate, both of which are needed for the formation of normal blood cells.

