

Tropical Fruit Bowl

Bol de Fruits Tropicaux

- 5 min
- Easy
- 220 kcal per serving
- Breakfast
- Snack
- Vegan
- Gluten-Free
- Quick
- Kids



Ingredients

FOR ONE SERVING

Mango (<i>Mangue</i>)	1 whole
Papaya (<i>Papaye</i>)	0.5 whole
Passion fruit (<i>Fruit de la passion</i>)	2 whole
Coconut flakes (<i>Copeaux de coco</i>)	2 tbsp
Lime juice (<i>Jus de citron vert</i>)	1 tbsp

Nutrition facts

PER SERVING

Calories	220
Protein	3 g
Carbohydrates	52 g
Fat	2 g
Fiber	6 g

Preparation

- 1 Peel the mango and papaya, then cut them into bite sized pieces.
- 2 Scoop the pulp from the passion fruit into a bowl.
- 3 Add the mango, papaya, and passion fruit pulp to a serving bowl.
- 4 Drizzle the lime juice over the fruit.
- 5 Sprinkle the coconut flakes on top.
- 6 Toss gently if you want the flavors mixed, or serve as is.

GOOD TO KNOW

Chill the fruit first for a fresher, more refreshing bowl.