



## COCONUT PINEAPPLE BITES

September 2

World Coconut Day

### INGREDIENTS

- 2 Pounds Fresh Pineapple (peeled and cut into bite-sized chunks)
- 1 Cup Shredded Coconut (sweetened or unsweetened, as preferred)
- ¼ Cup Greek Yogurt (that meets sugar limits)
- 2 Tablespoons Honey or Maple Syrup (optional, for extra sweetness)
- Fresh Mint Leaves (optional, for garnish)

### DIRECTIONS

1. If using yogurt, mix it with honey or syrup in a small bowl.
2. Dip each pineapple chunk lightly into the yogurt mixture (or leave plain for a lighter option).
3. Roll or sprinkle with shredded coconut to coat.
4. Garnish with mint leaves and chill before serving for a refreshing bite.

### MEAL PATTERN CONTRIBUTION

 Fruit

### MEAL TYPE

 Snack

### YIELD

4 Cups

### PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	½ Cup	¾ Cup	½ Cup