



## INGREDIENTS

- 2 Cups Fresh Pineapple
- 2 Cups Mango
- 3 Cups Papaya
- ½ Cup Shredded Coconut (fresh or toasted)
- 2-4 Tablespoons Lime Juice
- 1–2 Tablespoons Honey or Agave (optional)
- ¼ Teaspoon Chili Powder or Tajín Seasoning (optional)
- Pinch of Salt

## DIRECTIONS

1. Chop all fruit into roughly uniform, bite-sized cubes.
2. Combine mango, papaya, pineapple, and coconut in a large bowl.
3. In a small bowl, whisk together lime juice, honey (if using), chili powder or Tajin (if using), and salt.
4. Pour the dressing over the fruit, tossing gently to coat. Chill for 15–30 minutes to let flavors meld.
5. Garnish with extra lime zest or fresh cilantro if desired.

## MEAL PATTERN CONTRIBUTION

 Fruit

## MEAL TYPE

 Breakfast

## YIELD

7 Cups

## PORTION SIZES

**Toddler:** ¼ Cup

**Preschool:** ½ Cup

**School Age:** ½ Cup

**Adult:** ½ Cup