



INGREDIENTS

- 1 Cup Frozen Colombian Blackberry (Mora) Pulp
- ¼ Cup Water
- ½ Cup Sugar
- 3 Cups Watermelon (cubed)
- 2 Cups Banana (sliced)
- 1 Cup Strawberries (quartered)
- 2 Cups Pineapple (cubed)
- 5 Cups Mango (cubed)
- 1 Cup Green Grapes (halved)
- 2 Cups Whipped Topping
- Shredded Coconut (for serving)

DIRECTIONS

1. To make Colombian Mora Sauce: combine water, fruit pulp and sugar in a small saucepan. Bring the mixture to a boil over medium-high heat. Continue cooking the mixture until the sugar is dissolved and mixture thickens. Transfer to refrigerator to cool before serving.
2. Combine all chopped fruit in a large bowl.
3. Separate fruit mixture into serving bowls.
4. Top individual fruit salad bowls with whipped topping.
5. Pour Colombian Mora Sauce on top of whipped topping until it is fully coated and sauce pours down the fruit.
6. Finally, top with shredded coconut.
7. Serve immediately.

MEAL PATTERN CONTRIBUTION

 Fruit

MEAL TYPE

 Snack

YIELD

14 Cups Fruit

PORTION SIZES

Toddler: ½ Cup Fruit

Preschool: ½ Cup Fruit

School Age: ¾ Cup Fruit

Adult: ½ Cup Fruit