



INGREDIENTS

- 3 Cups Mango
- 4 Cups Pineapple
- 2 Cups Watermelon
- 4 Cups Papaya/Pawpaw
- 2 Cups Apples
- ½ Lemon (more to taste)

DIRECTIONS

1. Peel apples and dice into 1-inch cubes. Squeeze the lemon over the diced apples. Toss with a spoon to ensure that the lemon juice coats all of the apple.
2. Peel and dice all the remaining fruits into 1-inch pieces.
3. Put all the fruits into a large bowl and mix together to combine.
4. Put in the fridge to chill for 30 minutes then serve.

MEAL PATTERN CONTRIBUTION

 Fruit

MEAL TYPE

 Breakfast

YIELD

15 Cups

PORTION SIZES

Toddler: ¼ Cup

Preschool: ½ Cup

School Age: ½ Cup

Adult: ½ Cup