



INGREDIENTS

- 1 Cup Oranges (diced)
- ½ Cup Apricots (diced)
- ½ Cup Peach (diced)
- ¾ Cup Strawberries (diced)
- ¾ Cup Cherries (quartered)
- 1¼ Cups Blueberries
- 2 Teaspoons Chaat Masala
- 2 Cups Bananas (sliced)
- 2 Tablespoons Fresh Mint Leaves (coarsely chopped)

DIRECTIONS

1. Place all fruit, except bananas, in a large bowl.
2. Add the chaat masala and toss gently to combine.
3. Let sit to macerate 5 to 10 minutes.
4. Add the bananas and mint to the bowl, and mix gently to combine.

MEAL PATTERN CONTRIBUTION



Fruit

MEAL TYPE



Snack

YIELD

6 Cups

PORTION SIZES

Toddler: ½ Cup

Preschool: ½ Cup

School Age: ¾ Cup

Adult: 1½ Cup