

# MANGO AND AVOCADO FRUIT SALAD

July 31

National Avocado Day



## INGREDIENTS

- 1 Cup Chopped Mango
- 1 Cup Chopped Avocado
- 2 Cups Pineapple Chunks
- 1 Cup Mandarin Oranges
- ½ Cup Plain Yogurt
- 2 Tablespoons Honey
- 1 Teaspoon Sugar
- 2 Tablespoons Lemon or Lime Juice

## DIRECTIONS

1. In a large bowl, combine all fruit.
2. In a small container, mix yogurt, honey, sugar and juice.
3. Combine the fruit and yogurt mix.

## MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Fruit

## MEAL TYPE

 Breakfast

## YIELD

5 Cups

## PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Cup	½ Cup	½ Cup	½ Cup