

Tropical Fruit Salsa

8 g carbohydrates | 1 g total fat | 1/2 g protein

Serving size: 1/12th of recipe | Approximately 40 calories



Homemade and delicious!

Why buy pre-made salsa when you can make it easily at home? Making your own salsa is a fun way to practice cooking and to make sure you get your daily dose of fruits and vegetables.

Did you know?

Salsa was first started thousands of years ago by the Aztecs in Latin America.

Food Preparation Materials

Slicing knife
Cutting board or mat
Measuring cups and spoons
Large Bowl
Lime Squeezer
Mixing spoon

Ingredients- Makes 12 servings

½ cup crushed pineapple
1 medium mango
¾ cup strawberries
2 medium kiwi
¼ cup coconut flakes
1 Tbsp. fresh mint
1 medium lime
Optional: Cinnamon crackers, tortillas

What To Do

1. Chop mango, strawberries, kiwi, and mint.
2. Juice lime.
3. In large bowl combine all ingredients together.
4. Mix well and chill or serve immediately.
5. Can be served with cinnamon crackers, baked tortillas, or eaten with a spoon!