



May 9- Hawaiian Delight

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=55749>

Recipe

Ingredients:

- 4 cups Mandarin Oranges
- 6 cups pineapple chunks
- 1 cup coconut, shredded
- 1 cup pecans, chopped
- 4 cup fat-free vanilla yogurt

Directions:

1. Drain the juice of the pineapple and the mandarin oranges, and place fruit in a large bowl.
2. Add coconut, pecans, and yogurt with fruit.
3. Mix well until blended.

Yield 14 servings

Nutrition Facts	
Serving Size 1 cup (259.28g)	
Servings Per Container 14	
Amount Per Serving	
Calories 220	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 0mg	1%
Sodium 55mg	2%
Total Carbohydrate 33g	11%
Dietary Fiber 3g	10%
Sugars 28g	
Protein 4g	8%
Vitamin A 10%	Vitamin C 60%
Calcium 10%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet.	