



## 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

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