

Pineapple Boats

Prep Time: 15 minutes

Pineapple Boats Recipe:

3/4 cup fresh coconut or unsweetened coconut
1 pint of strawberries
3 bananas
1 pineapple

Instructions:

Wash strawberries. Slice pineapple length-wise, remove the core from each half, cut out the pineapple and cut into bite-size pieces. Place in a bowl and set aside. Slice strawberries and bananas, and shred the coconut. Mix strawberries, bananas and half of the coconut and fill pineapple halves. Top with the rest of the shredded coconut to serve.

Variations:

Add other fruit that you enjoy such as mango or melons. Sprinkle with raisins, coconut or chopped walnuts.

Recipe Credit:

Justin Black – www.justinblack.net

We get our produce from:



www.freggies.com

For more information on eating and living healthy, visit: www.hope4health.org