

Mermaid Mango and Papaya Treat

Ingredients:

- 1 medium papaya, peeled and thinly sliced
- 2 medium mangoes, peeled and cut into 2-inch cubes
- 1/4 cup fresh lime juice
- 2 tsp. sugar

Directions:

1. Peel papaya and slice into thin strips.
2. Peel mango and cut into 2-inch cubes.
3. On a platter, place the papaya slices in a circular pattern.
4. Pile the mango chunks in the center of the papayas.
5. Combine the lime juice and sugar.
6. Sprinkle over the papaya and mangoes and serve.

Nutrition:

- This recipe makes 6 servings.
- Each serving counts as 1.5 fruits.

Safety:

- Keep your fingers curled under when using the knife to avoid cutting your fingers.

Source: American Diabetes Association

