

Fruit



Mermaid Mango & Papaya Treat



Tropical!
Delicious!

Ingredients:

- 1 medium papaya, peeled and sliced thin
- 2 medium mangos, peeled and cubed
- 1/4 cup fresh lime juice
- 2 tsp sugar or sugar substitute

Safety:

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

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 papaya.
5. Combine the lime juice and sugar.
6. Sprinkle over the fruit and enjoy!

Nutrition:

Recipe makes 6 servings
Each serving counts as 1.5 fruits

Recipe approved by the American Diabetes Association

from the kitchen of
Playnormous

