



Coconut Fruit Cups with Strawberry Lime Drizzle

A light summery breakfast recipe that could also be dessert. Eating out of coconut halves is something fun for the whole family and saves cleaning dishes!

- Gluten free
- Dairy Free Options
- Grain Free
- Nut Free Options
- Vegetarian
- Vegan
- Lactose Free Options

Preparations time: 5mins

Cook time: 0 mins

Serves: 4

Ingredients

- 2 coconuts, halved
- 2 cups berries (raspberries, blueberries, etc)
- 2 kiwi fruit, sliced
- 1 mango, stone removed, peeled and sliced
- 1 banana, peeled and sliced
- 4 mint leaves, finely shredded

Drizzle

- 1 cup strawberries
- Juice 1 lime
- 1 tsp maple syrup, optional
- Greek or Coconut Yoghurt to serve

Instructions:

1. In a bowl, combine the raspberries, blueberries, kiwi, mango, banana and mint. Mix well.
2. Distribute the mixed fruit between the coconut halves. Top with fruit drizzle & yoghurt.
3. To make drizzle, combine strawberries, lime juice and maple in a blender and process until smooth.