

# FRUIT CHAAT



Serves 6

Serving Size: 3/4 cup

Prep Time: 20 minutes

Total Time: 20 minutes

## Ingredients

- 2 medium bananas, peeled and sliced
- 1 medium apple, chopped into small pieces
- 1 mango, peeled and cut into small cubes
- 1 cup halved red grapes
- 1 medium sweet potato
- 1–2 limes
- 1/2 teaspoon salt (adjust to taste)
- 1/2 teaspoon red chili powder (adjust to taste)
- 1/4 teaspoon black pepper (adjust to taste)

## Directions

1. Poke holes in the sweet potato and microwave for 5-8 minutes, rotating half way through. Allow to cool, peel and cut into small cubes.
2. Combine banana, apple, mango, grapes, and sweet potato in a big mixing bowl.
3. Squeeze juice from limes into mixture and toss.
4. Mix in the salt, chili powder, and black pepper.

## Nutrition information Per Serving

|                    |         |     |        |        |
|--------------------|---------|-----|--------|--------|
| 104 calories       | Fiber   | 3 g | Fat    | 0 g    |
| Carbohydrates 20 g | Protein | 1 g | Sodium | 211 mg |



## Eat Smart



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