

Tropical Fruit Bowls with Coconut Yogurt and Granola

Eat, Drink, and Be Merry | December 2006/January 2007



Using a spoon to grind the lime peel with the sugar releases the lime's essential oils. A clean coffee grinder or mortar and pestle work well for this, too.

- 4 TSP. FINELY SHREDDED LIME PEEL
- 2 TBSP. SUGAR
- 3 6-OZ. CARTONS PLAIN YOGURT
- 1/2 CUP CANNED CREAM OF COCONUT
- 2 MANGOES, SEEDED, PEELED, AND CHOPPED
- 2 KIWI FRUIT, PEELED AND CUT UP
- 1 SMALL RED PAPAYA, SEEDED, PEELED, AND CHOPPED
- 1/2 OF A MEDIUM PINEAPPLE, PEELED, CORED, AND CHOPPED (2 CUPS)
- 1/2 CUP CHOPPED MACADAMIA NUTS OR SLICED ALMONDS, TOASTED
- 1 CUP GRANOLA

Place lime peel and sugar in a large bowl; use the rounded side of a metal spoon to grind and mash together until sugar looks wet and sandy. Stir in yogurt and cream of coconut. (This can be made and chilled up to 24 hours ahead.)

Combine fruit in a serving bowl. (You can combine all fruit except kiwi up to 24 hours ahead; cover and chill. Add kiwi before serving.) Serve with yogurt mixture, nuts, and granola. Makes 8 servings.