

## Tropical fruit breakfast salad



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Preparation 15 mins | Serves 4

250g fresh lychees, peeled and seeds removed  
½ small Bethonga Gold pineapple, peeled and diced  
125g blueberries  
2 passionfruit, halved  
1½ cup muesli  
2 cups Greek-style natural yoghurt  
2 tbs maple syrup (optional)

**STEP 1** Place lychees, pineapple and blueberries into a bowl. Scoop passionfruit pulp over fruit. Gently toss to combine.

**STEP 2** Layer muesli, yoghurt and fruit mixture into serving glasses. Drizzle with maple syrup if using and serve.

### Good for you... **PINEAPPLE**

A good source of manganese, a mineral that is needed for the normal development of bones, and connective tissue such as cartilage. The riper the pineapple, the higher the content of natural sugars. Unlike refined sugar, the sucrose in pineapple comes with a good complement of many vitamins and minerals. A good source of vitamin C, one of the vitamins involved in protecting us from infection. Provides dietary fibre, which is important to keep the intestine healthy and prevent constipation. A good source of a mineral called manganese which is needed by bones, the cartilage in joints and the brain.

