

FUEL UP WITH
FRUIT

Mango Magic

Called the “king of fruits,” this low-calorie, high-fiber fruit is equally at home in a tropical salad or a spicy salsa.

CHUNK

Add to stir fry as the final ingredient. Cook lightly, then serve.

DICE

Toss with peppers, onions, and lime juice for a tangy salsa.

PUREE

Blend with honey, ice, and lime juice for an exotic drink. Or, freeze to make popsicles.

