

Tropical Fruits Delight Recipe

Ingredients: Serves 4

1 papaya, medium
1 small pineapple, remove skin and cut into small pieces
200ml (¾ cup) peach juice or pineapple juice
100ml orange juice
50ml lemon juice
1 teaspoon icing sugar (confectioners' sugar)
1 tablespoon honey
1 banana, peeled and sliced
1 pear, cored and diced
4 seedless grapes, halved

Method:

Slice off the top of papaya. Using a metal spoon, remove seeds and discard. Scoop out flesh, leaving a 2-cm (1-inch) border all around. Mash papaya flesh and set aside. Reserve papaya shell. Combine peach or pineapple juice, orange and lemon juices with icing sugar and honey in a mixing bowl. Stir until well mixed and sugar dissolves. Add mashed papaya, banana, pear and grapes to fruit juice mixture. Toss and mix well. Carefully spoon fruit mixture into papaya shell. Chill in the refrigerator for at least 4 hours before serving.

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