

## Mango-Coconut Fruit Crisp

Yield: 8 servings Total Time: 35 mins

Nutritional Info (Per serving): 180 calories, 7g fat, 2g saturated fat, 0mg cholesterol, 40mg sodium, 28g carbohydrate, 3g fiber, 4g protein

### Ingredients:

#### Topping:

1 cup toasted rice cereal flakes, crushed  
1/2 cup toasted wheat germ  
1/3 cup chopped macadamia nuts  
1/4 cup unsweetened flaked coconut  
2 tbsp. low-calorie brown sugar blend  
1 egg white, lightly beaten

#### Fruit Filling:

2 (8-oz.) cans pineapple tidbits, undrained  
1 tbsp. fresh lime juice  
2 tsp. cornstarch  
2 mangoes, pitted, peeled and diced  
5 strawberries, hulled and diced  
1 tsp. coconut extract

### Directions

1. Preheat oven to 350°F. For the topping, in a medium bowl combine cereal, wheat germ, nuts, coconut and brown sugar blend. In a small bowl beat together egg white and 2 teaspoons water. Drizzle over cereal mixture; mix well.
2. Line a rimmed baking sheet with parchment paper; spread cereal mixture evenly on baking sheet. Bake 10 to 12 minutes or until golden brown, stirring once.
3. For the fruit filling, in a medium saucepan combine pineapple and juices, and lime juice. In a small bowl combine cornstarch with 2 tablespoons water; stir into pineapple. Cook over medium-high heat 8 to 10 minutes or until mixture bubbles and begins to thicken. Remove pan from heat; let cool 5 to 8 minutes. Stir in mangoes, strawberries and coconut extract; let cool completely.
4. Spoon 1/2 cup of the fruit filling into each of 8 dessert dishes. Top each with 1/4 cup of the topping, and serve.



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