

Tropical Coconut Bites

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Servings: 32

1 can (15.25 ounce) Dole Tropical Fruit

2 cups prepared baking mix

1/4 cup apple juice

1/4 cup Baker's Angel Flake

Coconut

sugar (optional)

Bake: 15 minutes

Preheat the oven to 350 degrees.

Drain the Tropical Fruit, reserve 1/4 cup of the syrup. Finely dice the fruit.

Lightly spray 32 miniature-muffin cups with vegetable cooking spray.

In a large mixing bowl, combine the baking mix, apple juice, reserved syrup and diced fruit, mixing just until combined (the mixture will be thick).

Spoon about one tablespoon of the mixture into each prepared muffin cup. Sprinkle the tops with coconut and a small amount of sugar, if desired.

Bake for 12 to 15 minutes or until lightly brown.

Remove from the pans and cool on wire racks.

Per Serving (excluding unknown items): 1 Calories; trace Fat (2.0% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Fruit.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1	Vitamin B6 (mg):	trace
% Calories from Fat:	2.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	97.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.5%	Riboflavin B2 (mg):	trace

Total Fat (g): trace
Saturated Fat (g): trace
Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): trace
Dietary Fiber (g): trace
Protein (g): trace
Sodium (mg): trace
Potassium (mg): 2mg
Calcium (mg): trace
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): trace
Vitamin A (r.e.): 0RE

Folacin (mcg): trace
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 32

Amount Per Serving

Calories 1 **Calories from Fat:** 0

% Daily Values*

Total Fat	trace	0%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	trace	0%
Total Carbohydrates	trace	0%
	Dietary Fiber trace	0%
Protein	trace	
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Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		0%

** Percent Daily Values are based on a 2000 calorie diet.*