



Recipes

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Fruit Filling

Serves 1

Ingredients:

- 1 Banana
- 5 large Strawberries
- 1/3 cup Orange Juice
- 1/3 cup Pina Colada Mix , mixed well
- 3 Tbsp. Dark Spiced Rum
- 3 Tbsp. Coconut Flavored Rum
- 1 cup fresh Pineapple , diced
- 1 cup fresh Mango , peeled and diced
- 1 cup fresh Strawberries , sliced
- 1 cup Raspberries
- 1 cup Blueberries
- 2 Kiwi Fruits , peeled and diced
- 2/3 cup Blackberries
- 1/2 cup toasted Coconut

Directions:

1. In a blender, blend banana, 5 strawberries, orange juice and pina colada mix. Mix with rums. Set aside 1/3 cup dressing for the fruit.
2. Combine remaining fruit in bowl. Toss with 1/3 cup rum dressing.