

We went coconuts for this one! Are you jelly yet?

Serves: you and your bestie!

Prep time: 15 minutes

Ingredients

1 Coconut jelly with shell (yes, they sell these at the supermarket)

Mixed fruits (strawberries, blueberries, grapes, kiwi)

1x Sun dried apricots

1x Mocha almonds

Directions

1. Remove the top layer to split coconut into two
2. Slice fruits into small portions
3. Top each coconut with fruits

Other ways you can enjoy it

Sprinkle it with [goji berries](#) and [cream granola](#)!!! (because who says granola only goes with yogurt and milk)

Leah's healthy tips

The colour of each fruit represents different compounds. Each of these compounds have a specific health benefit so it's always important that you mix it up to reap the benefits from all types of fruits!

Did you know?

Coconuts are expensive in lots of Western countries as it only grows in a climate with rainy, humid, and sunny weather!