

Island Vacation

Island Style Fried Rice

Ingredients

- 1 package frozen cauliflower rice
- 1 cup frozen peas and carrots blend
- 2 teaspoons canola oil
- 2 eggs – beaten
- ½ teaspoon garlic
- 3 stalks green onions
- 3 tablespoons soy sauce
- 8 ounce can of pineapple chunks, drained

Instructions

1. Beat the eggs and scramble them
2. While the eggs are scrambling, heat oil and fry the frozen cauliflower rice
3. Mix all other ingredients together and place with the frozen cauliflower rice and fry all ingredients
4. Chop and top with green onions

Tropical Fruit Salad

Ingredients

- 1 cup pineapple
- 1 medium mango
- 3/4 cup strawberries
- 2 medium kiwi
- 1/4 cup coconut flakes
- 1 tablespoon mint, fresh
- 1 medium lime

Instructions

1. Chop pineapple, mango, strawberries, kiwi and mint.
2. Juice lime.
3. In a large bowl, combine all ingredients together.
4. Serve with tortilla chips

Mango Nice Cream

Ingredients

- 2 cups frozen mangos
- 2 frozen bananas
- 2 Tablespoons water

Instructions

1. Add all ingredients to a blender and blend until smooth
2. Serve and enjoy

