



**SCROLL TO
LEARN HOW TO
PREPARE YOUR
FAVORITE**

tropical

FRUITS



OUR 2 FAVORITE WAYS TO PREP A

mango

- Cut the sides off of your mango, lay the flat bottom of the mango on the cutting board and begin carefully slicing the skin off the fruit. Once peeled, cut into cubes and enjoy!
- Cut the mango lengthwise along the pit and scoop out the juicy flesh using either a spoon or a water glass to access the sweet insides.



pineapple

1. Check that your pineapple is ripe either by smelling the bottom for a sweet aroma, checking the color or pressing on the pineapple to feel its firmness.
2. Place the pineapple on its side and cut off the crown and stem.
3. Stand the pineapple up on one end and begin slicing off the skin on the sides, rotating it as you cut.
4. Once the skin has been removed, you must also remove the core. Cut the fruit into circles, spears or cubes and enjoy!



Thai COCONUT



1. Hold the coconut steady and, using a sharp knife, trim off the exterior flesh of the coconut.
2. Cut into the top of the coconut, making a square with your knife. Then, tap on the top until you've loosened it and are able to pull off the top portion.
3. Pour the coconut water out into a glass and using a narrow spatula, separate the coconut meat from the walls of the coconut and pull it out. Enjoy!

mature COCONUT



1. Wrap the coconut in a kitchen towel and use a hammer to firmly hit the coconut until it cracks and can be easily pulled apart with your hands.
2. To first preserve the coconut water, use a screwdriver and a hammer to bore a hole in the bottom of the coconut and drain the liquid into a glass.
3. To make the cracking process easier, preheat the oven to 400° and bake the coconut for 20 minutes. Once cracks have formed, remove the coconut, allow it to cool for a few minutes and then strike it with a hammer. The nut should be easy to open.