



**Longan** fruit contains a rich amount of Vitamin C that is equal to 80% of the daily requirement. It is extremely low in calories, with less than 20 calories present in an ounce of these small fruits. Longan contains minerals like iron, phosphorus, magnesium and potassium. It is also rich in B vitamins, vitamin A, and anti-oxidants.

## Go Tropical with Super Fruits

When you shop for fruit, do you usually fill your cart with the same standbys? If the answer is yes, your family could be missing out on some of the tastiest and most nutritious fruits available! Colorful, juicy tropical fruits have a naturally sweet flavor that kids love. Longan is one of the tropical fruits grown in July and August. The flesh has a musky, sweet taste, which can be compared to the flavor of lychee fruit.

### Longan Fruit Smoothie Recipe

#### Ingredients:

- 5 longans
- 1 cup coconut milk (or water)
- 1 banana

#### Instructions:

1. Discard the hard outer shell and seed of the longan.
2. In a blender, make a smooth puree of the

longans.

3. Break the banana into smaller pieces and add to blender. Pour in coconut milk or water.
4. Blend until smooth. Refrigerate, if you prefer, before serving.

