

Bionicos Mexican Fruit Bowls

Jacob · 30/09/2024



Prep Time

4

Difficult

Medium

Servings

N/A

Description

Bionicos are tasty fruit bowls drizzled with a sweet creamy mixture of yogurt condensed milk and Mexican crema Originally found on food carts in the streets of Guadalajara Mexico these bowls are commonly topped with shredded coconut raisins and granola

Ingredients

— - ? cup plain yogurt - ? cup sweetened condensed milk - ? cup Mexican crema - 1 teaspoon vanilla extract - 1 cup diced cantaloupe - 1 cup diced papaya - 1 cup diced red apple - 1 cup sliced banana - 1 cup sliced strawberries - ½ cup granola - ½ cup raisins - ½ cup shredded coconut

Instructions

1. Make the topping: Mix yogurt
2. condensed milk
3. Mexican crema
4. and vanilla together in a bowl until well combined. Make the fruit salads: Divide cantaloupe
5. papaya
6. apple
7. and banana among 4 individual bowls
8. arranging each fruit in its own section. Place strawberries in the center of each bowl. Sprinkle granola
9. raisins
10. and coconut over the bowls
11. then drizzle with the topping. Recipe Tip You can substitute crème fraîche for the Mexican crema
12. and feel free to use any seasonal fresh fruit.