

# April Fruit- Mangoes!

## Fun Facts!

- Mangoes are considered one of the most popular fruits in the world
- Cashews and pistachios are related to mangoes
- 5,000 years ago, mangoes were grown in India for the first time
- The mango can be incorporated into all types of meals and dishes
- Mango trees can grow up to over 100 feet and have been known to bear fruit for over 300 years
- Pakistan, Philippines, and India consider the mango to be their national fruit
- They come in over 400 different varieties and colors including yellow, green, and red



## Did you know?

Mangos can provide high amounts of Vitamin C, A, and daily fiber. Find mangos at your local store frozen or fresh!



## Easy Creamy Mango Dressing

### Ingredients:

- 1 cup cubed mango
- 3 tbsp apple cider vinegar
- 3 tbsp olive oil
- 1 tbsp honey or maple syrup
- Pinch of salt

### Instructions:

- Blend all ingredients together until dressing is creamy
- Adjust dressing as appropriate by incorporating more of the vinegar or honey/maple syrup

### Tips:

- if you like a more acidic dressing, add more vinegar
- Add some chili to give it a spicy kick!