

# FOOD FACTS

## Mango



### NUTRITION

- Mangoes are an excellent source of vitamin A and a good source of vitamin C and potassium.
- Vitamin A is important for bone growth and vision. Vitamin C promotes healthy immune function and collagen formation.

### DYK

- Mangoes are the most popular fruit in the world.
  - *Teachers: follow this [link](#) for more kid friendly recipes*
- In India, the mango is known as the “King of Fruits”.
- Mangoes are related to cashews and pistachios.
- A mango tree can grow as tall as 100 feet.
- Mangoes grow on trees.
- Most of the mangoes sold in the U.S. are grown in Florida or imported from Mexico, Haiti, the Caribbean, and South America.

### PREPARATION & STORAGE

- Store an unripe (firm) mango at room temperature to speed up the ripeness. When ripe, store in the fridge.

### Cinnamon Oat Mango Bites

#### Ingredients:

3/4 cup rolled oats  
1/4 cup brown sugar  
1 tbs cinnamon  
1/4 tsp baking powder  
Pinch of salt  
1 egg  
1/3 cup low-fat milk  
3/4 cup fresh mango, cubed



1. Place oats, brown sugar, cinnamon, baking powder and pinch of salt in a food processor and grind to create a fine flour.
2. Add egg and milk to flour mixture in food processor and blend to create a batter.
3. Heat a skillet over medium heat and lightly grease.
4. Dip mango cubes into batter and cook in skillet until evenly brown on all sides.
5. Serve warm and enjoy!