

# Bionicos Mexican Fruit Bowls

Yield: 4 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/authentic-mexican-bionico-recipe>

## Ingredients:

- 1 cup strawberries hulled and sliced
- 1 cup pineapple diced
- 1 cup cantaloupe diced
- 1 cup papaya diced
- 1 large banana sliced into rounds
- 1 cup fresh blueberries
- 1/3 cup Sour Cream or Mexican cream
- 1/3 cup plain yogurt
- 1/3 cup condensed milk
- 1 teaspoon vanilla extract

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 20 milligrams
4. Fat: 7 grams
5. Fiber: 4 grams
6. Protein: 5 grams
7. SaturatedFat: 4 grams
8. Sodium: 65 milligrams
9. Sugar: 35 grams

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