

Dried Fruit

left coast
ORGANICS

Organic Dried Mango

Country of Origin: Mexico

Certified Organic

Pro-Cert

Nutrition Facts Valeur nutritive

Per 5 pieces (40 g) / par 5 pièces (40 g)

Amount Teneur	% Daily Value % valeur quotidienne
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Calories / Calories 110

Fat / Lipides 0 g **0 %**

Saturated / saturés 0 g **0 %**
+ Trans / trans 0 g

Cholesterol / Cholestérol 0 mg

Sodium / Sodium 0 mg **0 %**

Carbohydrate / Glucides 28 g **9 %**

Fibre / Fibres 1 g **4 %**

Sugars / Sucres 20 g

Protein / Protéines 2 g

Vitamin A / Vitamine A **4 %**

Vitamin C / Vitamine C **4 %**

Calcium / Calcium **2 %**

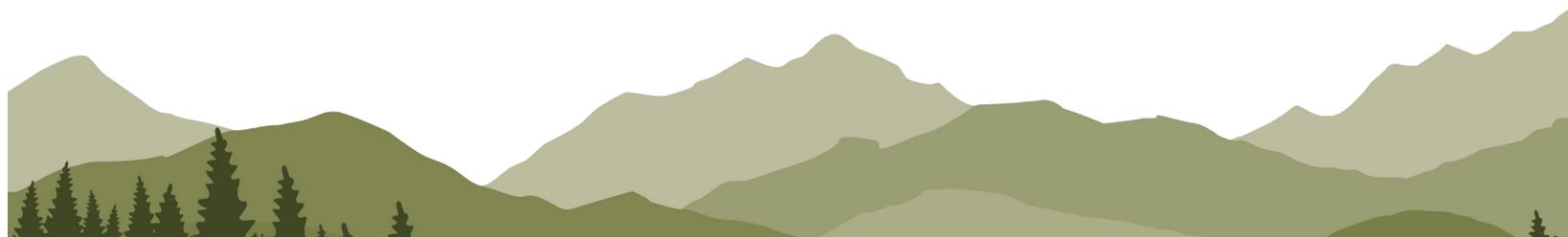
Iron / Fer **15 %**

Factoid:

Mangos are grown throughout the tropics and can be red, orange, or yellow in colour. They are a fleshy stone fruit and botanically related to cashews, pistachios, and even poison ivy.

Ingredients:

Organic mango.



Recipe:

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Mango Squares

Ingredients:

3/4 C dried mango, chopped

1 C all-purpose flour

1/4 C confectioner's sugar

1/2 C butter

1 C brown sugar, packed

1/3 C all-purpose flour

2 eggs, beaten

1/2 C mixed nuts, chopped

1/2 tsp baking powder

1/4 tsp lemon extract

1/4 tsp salt

Confectioner's sugar for dusting

Instructions:

1. Preheat oven to 350F (175C). Line a 9 x 9 inch baking pan with wax paper.

2. In a medium saucepan over low heat, place the mango with enough water to cover.

Cook 15 minutes, or until soft. Remove from heat, drain, and set aside.

3. In a large bowl, mix 1 cup flour and 1/4 cup of confectioner's sugar. Cut in butter until the mixture resembles coarse crumbs. Press into the prepared baking pan to make a crust.

4. Bake crust 10 minutes in the preheated oven, until lightly browned.

5. In a medium bowl, thoroughly blend mango, brown sugar, 1/3 cup of flour, eggs, mixed nuts, baking powder, lemon extract, and salt. Transfer to the prepared crust.

6. Cover, and bake 20 minutes in the preheated oven until filling is set. Cool slightly before dusting with remaining confectioner's sugar. Cut into squares to serve.

For the past 27 years, Tid Bits Imports has partnered with organic farmers across Mexico to curate tropical fruits. They specialize in dried mango, pineapple, banana, papaya and jackfruit, working with hundreds of organic producers with land spanning over 700 hectares. Tim Schumacher started the company wanting to do something he could be proud of. He wanted to create a great product that was healthy and didn't harm the planet. To him, choosing organic was instinctually the right thing to do, believing "it becomes a lifestyle that is positive for the whole planet, your family, and your own person." The company continues to grow but its founders have not lost sight of their commitment to benefit the communities they partner with in Mexico. They are involved in building local cultural centres, improving community recreational facilities, and repairing a town's drainage system. They are especially passionate about providing annual scholarships for youth to attend university, and about creating a fund to make medical care accessible for their workers. Everything, from using approved organic farming methods to supporting communities, is part of Tid Bits' vision to maintain the planet for a better future.

