

Dried Fruit

left coast  
ORGANICS

# Organic Pineapple Rings

Country of Origin: Mexico

Certified Organic

Pro-Cert

## Nutrition Facts Valeur nutritive

Per 3 pieces (38 g) / par 3 pièces (38 g)

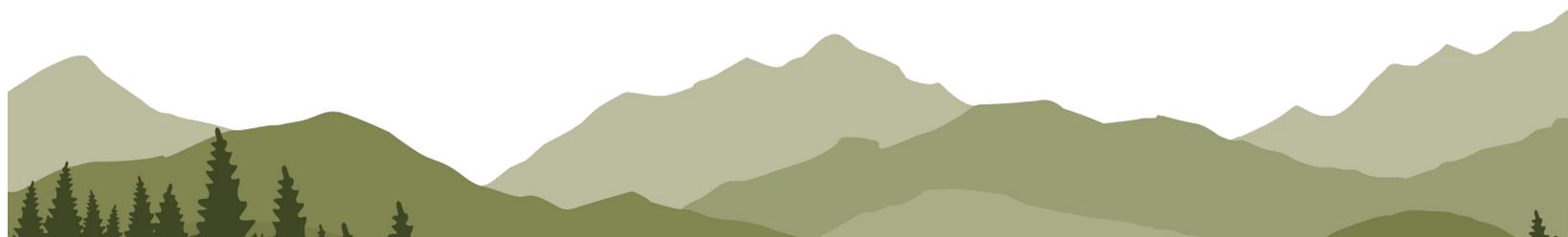
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 110	
<b>Fat / Lipides</b> 0 g	<b>0 %</b>
Saturated / saturés 0 g + Trans / trans 0 g	<b>0 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 1 mg	<b>0 %</b>
<b>Carbohydrate / Glucides</b> 26 g	<b>9 %</b>
Fibre / Fibres 1 g	<b>6 %</b>
Sugars / Sucres 22 g	
<b>Protein / Protéines</b> 1 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	5 %
Calcium / Calcium	2 %
Iron / Fer	7 %

## Factoid:

Although the pineapple is commonly thought to be indigenous to Hawaii, it is native to South America and Central America. It received its English name because of its supposed similar appearance to the pine cone. Other than Hawaii, the pineapple is also grown in Thailand, the Philippines, Honduras, Brazil, China, the Dominican Republic, and Mexico, among others.

## Ingredients:

Organic pineapple



## Recipe:

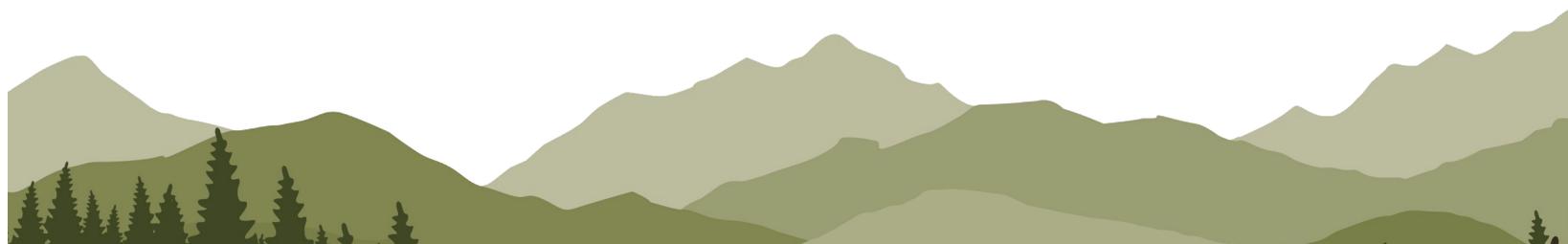
# Carrot Muffins with Dried Pineapple and Raisin

### Ingredients:

3 eggs	1/2 C pecans, chopped
3/4 C buttermilk	3/4 C dried pineapple, chopped
3/4 C canola oil	1 C whole wheat flour
1 C honey	1 1/2 C all-purpose flour
1 tsp vanilla	2 tsp baking soda
3 C carrots, grated	2 tsp ground cinnamon or nutmeg
1 C raisins, dried currants, or dried papaya	(do not include if aiming for a tropical flavour)

### Instructions:

1. Preheat the oven to 375F.
2. Grease 18 muffin cups, set aside.
3. In a large bowl, beat the eggs.
4. Add buttermilk, oil, honey and vanilla and mix together until well blended.
5. With a wooden spoon, stir in the carrots, raisins, pecans and pineapple.
6. In a small bowl, mix together the flours, baking soda, cinnamon and salt.
7. Gently fold the dry ingredients into the carrot mixture and mix until just blended. Do not over mix.
8. Spoon the batter into the muffin cups, filling to the top.
9. Bake for 25 minutes, or until the muffins spring back when lightly pressed.
10. Let cool for five minutes in the tins, then transfer to a cooling rack.



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.

