



## Bat Fruit Salad



**Bats help other living things, including humans, in many different ways. One of the amazing ecosystem services bats provide is pollination. Some of our favorite foods come from bat pollinated plants and we wouldn't be able to make delicious fruit salads, such as this one, without a little help from bats.**

Age Group: Family Activity! (this activity requires use of a knife/vegetable peeler and is designed to be completed with help from an adult)

### Supplies Needed:

- 1 mango
- 1 guava (optional...may be difficult for some to cut and de-seed)
- 1 banana
- 1 tablespoon of agave nectar
- ½ teaspoon of lime juice
- cutting board
- knife (only use with adult supervision!)
- vegetable peeler (if using guava) (only use with adult supervision)
- large spoon
- 2 bowls

Before you start: Gather the supplies above (some are optional based on your preferences!), set up on a clean flat surface, and get an adult to help you! Serves 3-4 people.

## Steps for making Bat Fruit Salad:

1. Combine 1 tablespoon of agave nectar and ½ teaspoon of lime juice in a small bowl to create your agave-lime syrup. Set aside.
2. Next, place your medium sized guava on a cutting board. Cut off guava's ends with a knife. Cut just enough off to get to guava's insides (skip if excluding guava).
3. Using a veggie peeler, peel the skin off your guava and cut in half. The guava will have seeds in the middle. To remove seeds scoop into the center of each half with a spoon (skip if excluding guava).
4. Cut each guava half into cubes and put into a second bowl. Set aside.
5. Next, place your mango on a cutting board. Locate the seed in the middle of the mango, by starting from the stem at the top and feeling for the ridge that goes around the mango. Cut the mango into two halves, avoiding the seed.
6. Place each half with the flesh facing up and cut into squares by slicing across the top vertically and horizontally. For help with these steps check out this video! [click here!](#) or visit <https://www.mango.org/how-to-cut-a-mango/>
7. Remove the mango cubes from the skin by scooping them out with a spoon. Add mango cubes to the bowl with the guava and set aside.
8. Peel 1 banana and lay it on your cutting board.
9. Slice into thin circular pieces (approximately ¼ of an inch) and add sliced banana to the bowl with the mango and guava.
10. Pour your agave-lime syrup from the first bowl over the cut fruit and mix together gently with a spoon.

**Finished!**

**Enjoy your delicious fruit salad and remember it wouldn't be possible  
with out a little help from bats!**