

Not Your Grandma's Ambrosia

Dessert

Serves 4

Prep time: 20 minutes total

This lightened-up version of Grandma's ambrosia has some gourmet flare. Serve as a dessert, snack, or for a special Sunday brunch with Shrimp and Spinach Strata.

Ingredients

- 1/2 cup sweetened shaved coconut
- 1 10.5-ounce can mandarin oranges packed in juice, drained
- 1 ripe banana, sliced
- 1 cup strawberries, sliced
- 1 cup mango, diced (about 1 medium fresh mango) or substitute apple
- 1 cup fat-free vanilla yogurt

Preparation

Preheat oven to 350°F. Spread coconut onto baking sheet and bake until golden and toasted, about 6 minutes. Set aside to cool.

In a medium bowl, combine fruit and stir to distribute evenly. Divide fruit into each of 4 serving dishes. Top each with 1/4 cup vanilla yogurt and sprinkle with toasted coconut.

Nutrition Information

Per serving: 179 calories, 3 g total fat, 3 g saturated fat, 78 mg sodium, 35 g carbohydrates, 4 g fiber, 4 g protein, 129 mg calcium

Provided by: Nutrition Education Services/
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www.oregondairyCouncil.org



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