

Ambrosia



Makes: 8 servings

Total Cost: \$\$\$\$

This dessert features fresh fruit, yogurt, and coconut, with a dash of marshmallows for fun. No cooking is required.

Ingredients

- 1 can (20 ounces) pineapple chunks in juice, drained
- 1 1/3 cups canned mandarin orange, drained
- 1 banana, peeled and sliced
- 1 1/2 cups seedless grapes
- 3/4 cup miniature marshmallows
- 1/3 cup flaked coconut
- 1 cup vanilla yogurt, low-fat (about 8 ounces)

Directions

1. Wash hands with soap and water.
2. Drain pineapple and oranges. Use juice as beverage.

3. Combine fruit with marshmallows and coconut.
4. Fold in yogurt.
5. Chill.
6. Serve.

Notes

Learn more about:

- [Pineapple](#)
- [Oranges](#)
- [Bananas](#)
- [Grapes](#)

Source:

A Holiday Dinner

Cornell Cooperative Extension of Onondaga County

Nutrition Information

Serving Size: 1 cup (189g)

MyPlate Food Groups



Nutrients	Amount
Total Calories	127
Total Fat	2 g
Saturated Fat	1 g
Cholesterol	2 mg
Sodium	27 mg
Carbohydrates	28 g
Dietary Fiber	2 g
Total Sugars	23 g
Added Sugars included	4 g
Protein	3 g
Vitamin D	0 mcg
Calcium	69 mg
Iron	0 mg
Potassium	293 mg

 Fruits

3/4 cups

N/A will display when nutrient data is unavailable

Please note: nutrient values are subject to change as data is updated