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Ambrosia

Ingredients:

- 1 (20-ounce) can pineapple chunks in juice
- 1 (11-ounce) can mandarin oranges
- 1 medium banana
- 1½ cup seedless grapes
- ½ cup miniature marshmallows
- ¼ cup flaked coconut
- 1 (8-ounce) carton lowfat vanilla yogurt

Makes 6 servings - 8% calories from fat

Instructions:

1. Drain pineapple and mandarin oranges. Place fruit in a medium bowl, set aside.
2. Cut banana into slices. Wash grapes and cut into halves. Add to pineapple and oranges.
3. Add the marshmallows and coconut, mix well. Fold in the yogurt. Chill before serving.

Note:

- Save juice and use as a beverage.

Nutrition Facts

Serving Size 1 cup	
Servings Per Container 6	
Amount Per Serving	
Calories 180	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 41g	14%
Dietary Fiber 2g	8%
Sugars 34g	
Protein 3g	
Vitamin A 15%	• Vitamin C 50%
Calcium 8%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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