Ambrosia

Source: Source: 21-Day Vegan Kickstart

This fruit-sweetened snack will not only satisfy a sweet tooth, but will also provide healthy antioxidants.

About the Recipe

188 Calories · 1.8 g Protein · 3.9 g Fiber
Dessert

Citrus fruits are rich in vitamin C, which can help boost the immune system.

Ingredients

Makes 4 Servings

- 2 oranges, peeled and chopped
- 2 cups (400 g) pineapple chunks
- 1 banana, sliced
- 1/4 c (23 g) shredded coconut
- 1/8 c (20 g) dried cranberries
- 1 tbsp (15 mL) orange juice concentrate
- 1/2 tsp (2.5 mL) almond extract **optional*
- 1 tbsp (15 mL) water

Directions

1. Combine the oranges, pineapple, banana, coconut, and cranberries in a medium bowl.
2. Combine the orange juice concentrate, water, and optional almond extract in a small bowl.
3. Pour over the fruit and toss until evenly distributed.

4. Stored in a covered container in the refrigerator, leftover ambrosia (without the banana) will keep for up to 2 days.

Nutrition Facts

Per serving

Calories: 188
Protein: 1.8 g
Carbohydrate: 43.3 g
Sugar: 35.3 g
Total Fat: 2.4 g
    Calories from Fat: 11.5%
Fiber: 3.9 g
Sodium: 17 mg