Ambrosia

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

- oranges, peeled and chopped (2)
- pineapple chunks (2 cups)
- banana, sliced (1)
- shredded coconut (1/4 cup)
- dried cranberries (1/8 cup)
- orange juice concentrate (1 tablespoon)
- almond extract, optional (1/2 teaspoon)
- water (1 tablespoon)

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