



Tropical Fruit Ambrosia

Makes 6 servings

1 jar (26 oz.) mixed tropical fruit, drained
1 large banana, sliced
1 cup low-fat yogurt
1/4 tsp finely grated lime zest
2 Tbsp fresh lime juice
1/4 cup flaked coconut
Lettuce leaves

Directions:

1. In a large bowl, combine the tropical fruit and banana.
2. In a small bowl, stir together the yogurt, lime zest and lime juice until blended.
3. Spoon over the fruit and toss until evenly coated.
4. Sprinkle with the coconut.
5. Line a serving bowl with lettuce leaves and spoon in the salad.
6. Sprinkle with the coconut and serve.

Nutritional Facts serving:

150 calories
2 g protein
33 g carbohydrates
2 g fat
3 mg cholesterol
2 g dietary fiber
40 mg sodium

University of Arkansas, United States Department of Agriculture, County Governments Cooperating

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