

Almond Ambrosia with Coconut

EASY | RECIPE

- ½ cup sliced almonds
- ½ cup flaked, sweetened coconut
- 4 cups cubed fresh pineapple
- 4 cups fresh tangerine segments, juice reserved
- 1 large banana, halved lengthwise, peeled and cubed
- 2 tbsp fresh orange juice

Do ahead:

Spread almonds and coconut in a large, hot skillet and toast, stirring frequently until lightly browned, 2-3 minutes. Transfer to a plate and cool.

Gently combine all ingredients in a large bowl. Divide evenly among 12 bowls.



Makes 12 (½ cup) servings. Per ½ cup:

99 calories | 1.9g protein | 3.3g total fat | 1.1g saturated fat | 1.4g mono fat | .55g poly fat
0mg cholesterol | 11.8g carbohydrate | 9.1g sugar | 3.5g fiber | 11.9mg sodium