

Ambrosia Salad

INGREDIENTS

- 1 can, 20 oz pineapple chunks in 100% fruit juice, drained
- 1 1/3 cups canned mandarin oranges in 100% fruit juice, drained
- 1 banana, sliced
- 3/4 cup vanilla yogurt, low-fat

TIME: 1 HOUR
SERVINGS: 6



Adapted from: myplate.gov/recipes



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- 1 can, 20 oz pineapple chunks in 100% fruit juice, drained
- 1 1/3 cups mandarin oranges canned in 100% fruit juice, drained
- 1 banana, sliced
- 3/4 cup vanilla yogurt, low-fat

TIME: 1.5 HOURS
SERVINGS: 6



Adapted from: myplate.gov/recipes



PROCEDURE

1. Drain pineapple and mandarin oranges
2. Slice banana into 1/4-inch slices
3. Add vanilla yogurt to large bowl and gently fold in pineapple, mandarin oranges, and bananas
4. Refrigerate for 30 minutes to 1 hour before serving

Note: you can customize this to use any canned fruits or yogurt flavors you enjoy!

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