

Festive Ambrosia Dessert

Serving Size: 1/12 of recipe

Serves: 12

Ingredients

- 1 (11 ounce) can mandarin orange segments, drained
- 1 (8 ounce) can tidbits pineapple, drained
- 1 (15.25 ounce) can fruit cocktail, drained
- ½ cup slivered almonds
- 1 cup fat free vanilla yogurt
- 2 cups sugar free, fat free whipped topping
- ¼ cup unsweetened flaked coconut

Directions

1. Reserve enough mandarin orange segments for garnish. In a large bowl, mix together the rest of the oranges, pineapple, fruit cocktail, almonds, and yogurt. Fold in the whipped topping. Chill and stir again before serving. Add a mandarin orange segment on top and sprinkle with coconut.

Exchanges per serving:

1 Fruit, 1 Fat

Nutrients per serving:

Calories: 102

Calories from fat: 45

Total Fat: 5g

Cholesterol: 0mg

Sodium: 16mg

Total Carbohydrate: 15g

Dietary Fiber: 1g

Protein: 2g