



## HEALTHY HAWAIIAN AMBROSIA

Diane Dense - Student  
Larry Days- Chef Instructor  
York County Community College  
Wells, Maine

### Ingredients:

1/2 qt. buttermilk  
6.5 oz. box sugar free, fat free instant vanilla pudding  
6 oz. can mandarin oranges  
14 oz. can crushed pineapple  
10 oz. can lite canned peaches, diced  
3 oz. fat free vanilla yogurt  
1 pt. heavy cream

### Directions:

1. Mix vanilla pudding with buttermilk until blended.
2. Drain all the fruit and mix into the pudding mixture.
3. Whip the cream and fold a little at a time into the pudding and fruit mixture.
4. Refrigerate to set. Serves 4.

*This recipe provides at least 20% of the daily value for calcium and may be modified for fat using lowfat or nonfat dairy products.*



## HEALTHY HAWAIIAN AMBROSIA

Diane Dense - Student  
Larry Days- Chef Instructor  
York County Community College  
Wells, Maine

### Ingredients:

1/2 qt. buttermilk  
6.5 oz. box sugar free, fat free instant vanilla pudding  
6 oz. can mandarin oranges  
14 oz. can crushed pineapple  
10 oz. can lite canned peaches, diced  
3 oz. fat free vanilla yogurt  
1 pt. heavy cream

### Directions:

1. Mix vanilla pudding with buttermilk until blended.
2. Drain all the fruit and mix into the pudding mixture.
3. Whip the cream and fold a little at a time into the pudding and fruit mixture.
4. Refrigerate to set. Serves 4.

*This recipe provides at least 20% of the daily value for calcium and may be modified for fat using lowfat or nonfat dairy products.*

