



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.



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