

# Ambrosia

Source: Source: 21-Day Vegan Kickstart

This fruit-sweetened snack will not only satisfy a sweet tooth, but will also provide healthy antioxidants.

## About the Recipe

**188 Calories · 1.8 g Protein · 3.9 g Fiber**

**Dessert**

Citrus fruits are rich in vitamin C, which can help boost the immune system.

## Ingredients

***Makes 4 Servings***

- 2 oranges, peeled and chopped
- 2 cups (400 g) pineapple chunks
- 1 banana, sliced
- 1/4 c (23 g) shredded coconut
- 1/8 c (20 g) dried cranberries
- 1 tbsp (15 mL) orange juice concentrate
- 1/2 tsp (2.5 mL) almond extract
- 1 tbsp (15 mL) water

## Directions

1. Combine the oranges, pineapple, banana, coconut, and cranberries in a medium bowl.
2. Combine the orange juice concentrate, water, and optional almond extract in a small bowl.
3. Pour over the fruit and toss until evenly distributed.

4. Stored in a covered container in the refrigerator, leftover ambrosia (without the banana) will keep for up to 2 days.

## Nutrition Facts

*Per serving*

**Calories:** 188

**Protein:** 1.8 g

**Carbohydrate:** 43.3 g

**Sugar:** 35.3 g

**Total Fat:** 2.4 g

**Calories from Fat:** 11.5%

**Fiber:** 3.9 g

**Sodium:** 17 mg