

COCONUT AMBROSIA SALAD

WITH PINEAPPLE, APRICOTS, PEACHES & CHERRIES

INGREDIENTS

- 1 C Pineapple (chopped)
- 1 Apricot (pitted) (sliced into wedges)
- 1 Peach (medium) (chopped)
- 1/2 C Cherries (pitted) (cut into quarters)
- 14 oz Coconut Milk (not light) (refrigerated overnight)
- 3 T Confectioners' sugar
- 1/4 t Vanilla extract (pure)
- 2 T Coconut flakes (sweetened) (toasted)



DIRECTIONS

- 1 In a medium bowl, toss together the pineapple, apricot, peaches & cherries & set aside
- 2 Open the can of coconut milk
- 3 Using a spoon, carefully remove the firm coconut cream from the top without scooping out the liquid and place in a medium bowl - save the liquid for your smoothies
- 4 Add the sugar & vanilla to the coconut cream
- 5 Using a hand mixer, whip the cream until light and fluffy (approx. 2 minutes)
- 6 Divide the fruit in bowls & top with whipped coconut cream & sweetened coconut flakes

NOTES

- 1 Serves 2 - 4
- 2 Different brands of coconut milk whip up differently than others

