

# AMBROSIA FRUIT CUP SALAD WITH ALMOND YOGURT

## INGREDIENTS

- 1 1/2 C Orange (sections) (halved) (including juice)
- 1 1/2 C Pineapple (fresh) (chunks) (including juice)
- 1 C Blueberries
- 1/2 C Coconut almond yogurt (low-fat) **OR** reduced fat sour cream
- 1/4 C Nuts (sliced or chopped) (pecans or sliced almonds) (for garnish)

## DIRECTIONS

- 1 In a medium-large bowl, gently toss together the fruit
- 2 Transfer the fruit to individual cups
- 3 Garnish each with a dollop of almond yogurt **OR** reduced fat sour cream & a sprinkling of nuts



## NOTES

- 1 Serves 4 - 6
- 2 Section citrus over a bowl to catch any juices from the fruit

