

Airy Ambrosia Salad

Ambrosia salad is a sweet and creamy dish made with fruit, coconut, and mini marshmallows, often mixed with full fat sour cream or whipped cream. This recipe is made with light sour cream and Greek yogurt, which decreases unhealthy fats and adds protein from the yogurt. It's colorful and easy to make, offering a mix of textures and flavors. This salad is rich in vitamin C from the oranges and pineapples, provides some fiber from the coconut, making it a nice choice for summer gatherings.

Yield: 8 servings

Serving Size: 1/2 cup

Ingredients:

- 1 can (15 ounces) mandarin oranges, canned in juice and drained
- 1 can (8 ounces) pineapple tidbits, canned in juice and drained
- 1 cup miniature marshmallows
- 1 cup sweetened shredded coconut
- ½ cup light sour cream
- ½ cup Greek low-fat yogurt

Instructions:

1. In a large bowl, toss together the oranges, pineapple tidbits, marshmallows and coconut until combined.
2. Add the sour cream and Greek yogurt, tossing everything to mix.
3. Cover the bowl and refrigerate for several hours before serving.

Chef Tip: Be sure to drain the fruit really well if you're making this salad more than 1 hour ahead of time. This will keep the salad from getting too watery while it sits.

Per Serving: Calories 134 kcal, Carbohydrates 18g, Protein 3g, Sat Fat 5g, Sodium 50mg, Added Sugar 8g

This recipe was adapted and modified from THE TASTE OF HOME <https://www.tasteofhome.com/recipes/ambrosia-salad/#jump-to-recipe>