



Healthy Recipe

PINEAPPLE AMBROSIA

28 oz.	Low fat plain yogurt	14 oz.	Sweetened applesauce
12 oz.	Crushed pineapple	12 oz.	Blueberries, fresh
2	Bananas	12 oz.	Coconut, shredded
1/4 cup	Almonds, sliced		

In a large bowl, whisk yogurt and applesauce until well blended. Fold in all remaining ingredients and refrigerate until served.

Yield: 10 servings

Nutrition information per 8 oz. serving:

320 calories, 15 gm fat, 5 mg cholesterol, 15 mg sodium, 45 gm carbohydrate

The Best
Heart Care
in Indiana.
period.



St. Vincent
HEART CENTER
OF INDIANA

106th & North Meridian • 86th Street

heartcenter.stvincent.org