



Ambrosia Fruit Cups

Serves 8

- 1 cup pineapple chunks
- 3 medium oranges (2 cups orange segments)
- 1 fully ripe bananas, sliced
- 1 cup seedless grapes
- ½ cup coconut flakes
- ¼ cup powdered sugar
- ½ teaspoon cinnamon
- 1 package puff pastry shells (eight)
- 1 cup low-fat non-dairy topping

Remove puff pastry shells and place on a parchment lined baking sheet. Place in a preheated 425-degree oven. Bake until golden brown, about 10 minutes.

While pastry shells are baking, drain and place pineapple chunks, orange segments, banana, grapes coconut flakes, powdered sugar, and cinnamon into a medium size bowl. Gently mix together.

Remove pastry shells from the oven when done and allow to cool completely.

Place approximately ½ cup of your freshly made ambrosia into the pastry (some may spill over on to the plate). Place a small dollop of whipped cream on top of the ambrosia. Dust with powdered sugar and serve.

Nutritional Analysis

Calories	435
Fat 23 g	
Saturated Fat	9 g
Trans Fat	0 g
Cholesterol	1 mg
Sodium	154 mg
Carbohydrates	54 g
Fiber	3 g
Sugars	26 g
Protein	6 g

Diabetic Exchanges:

Fat	4.6
Carbohydrate	6
Protein	1