

# **Ambrosia Fruit Cups**

Serves: 8

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

1. 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.
2. 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.
3. Whip the cream and place into the refrigerator until ready to use.
4. Remove pastry shells from the oven when done and allow to cool completely.
5. 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*	Diabetic Exchanges*																														
<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center; margin: 0;"><b>Nutrition Facts</b></p> <p style="margin: 0;">Serving Size 1/8 of recipe 219g (219g) Servings Per Container 8</p> <hr style="border: 1px solid black;"/> <p style="margin: 0;"><b>Amount Per Serving</b></p> <p style="margin: 0;"><b>Calories</b> 435    <b>Calories from Fat</b> 209</p> <hr style="border: 1px solid black;"/> <p style="text-align: center; margin: 0;"><b>% Daily Value*</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="border-top: 1px solid black;"><b>Total Fat</b> 23g</td> <td style="text-align: right; border-top: 1px solid black;">36%</td> </tr> <tr> <td style="border-top: 1px solid black;">Saturated Fat 9g</td> <td style="text-align: right; border-top: 1px solid black;">46%</td> </tr> <tr> <td style="border-top: 1px solid black;">Trans Fat 0g</td> <td style="border-top: 1px solid black;"></td> </tr> <tr> <td style="border-top: 1px solid black;"><b>Cholesterol</b> 1mg</td> <td style="text-align: right; border-top: 1px solid black;">0%</td> </tr> <tr> <td style="border-top: 1px solid black;"><b>Sodium</b> 154mg</td> <td style="text-align: right; border-top: 1px solid black;">6%</td> </tr> <tr> <td style="border-top: 1px solid black;"><b>Total Carbohydrate</b> 54g</td> <td style="text-align: right; border-top: 1px solid black;">18%</td> </tr> <tr> <td style="border-top: 1px solid black;">Dietary Fiber 3g</td> <td style="text-align: right; border-top: 1px solid black;">13%</td> </tr> <tr> <td style="border-top: 1px solid black;">Sugars 26g</td> <td style="border-top: 1px solid black;"></td> </tr> <tr> <td style="border-top: 1px solid black;"><b>Protein</b> 6g</td> <td style="border-top: 1px solid black;"></td> </tr> </table> <hr style="border: 1px solid black;"/> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="border-right: 1px solid black;">Vitamin A 4%</td> <td style="border-right: 1px solid black;">•</td> <td style="border-right: 1px solid black;">Vitamin C 77%</td> </tr> <tr> <td style="border-right: 1px solid black;">Calcium 6%</td> <td style="border-right: 1px solid black;">•</td> <td style="border-right: 1px solid black;">Iron 9%</td> </tr> </table> <p style="font-size: small; margin: 5px 0;">*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</p> <p style="text-align: center; margin: 0;">NutritionData.com</p> </div>	<b>Total Fat</b> 23g	36%	Saturated Fat 9g	46%	Trans Fat 0g		<b>Cholesterol</b> 1mg	0%	<b>Sodium</b> 154mg	6%	<b>Total Carbohydrate</b> 54g	18%	Dietary Fiber 3g	13%	Sugars 26g		<b>Protein</b> 6g		Vitamin A 4%	•	Vitamin C 77%	Calcium 6%	•	Iron 9%	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Fat</td> <td style="width: 50%; text-align: right;">4.6</td> </tr> <tr> <td>Carbohydrate</td> <td style="text-align: right;">6</td> </tr> <tr> <td>Protein</td> <td style="text-align: right;">1</td> </tr> </table> <p style="margin-top: 20px;">*Note: Both are calculated using ½ cup coconut flakes and low-fat non-dairy whipped topping</p>	Fat	4.6	Carbohydrate	6	Protein	1
<b>Total Fat</b> 23g	36%																														
Saturated Fat 9g	46%																														
Trans Fat 0g																															
<b>Cholesterol</b> 1mg	0%																														
<b>Sodium</b> 154mg	6%																														
<b>Total Carbohydrate</b> 54g	18%																														
Dietary Fiber 3g	13%																														
Sugars 26g																															
<b>Protein</b> 6g																															
Vitamin A 4%	•	Vitamin C 77%																													
Calcium 6%	•	Iron 9%																													
Fat	4.6																														
Carbohydrate	6																														
Protein	1																														