

# Eat Healthy - Be Active



Be active, healthy and happy with Eat Healthy - Be Active from Michigan State University Extension.

- Eat healthy on a budget
- Physical activity
- Tips for a healthy weight
- Quick, healthy meals and snacks
- Enjoy healthy food that tastes great
- Make healthy eating a part of your everyday lifestyle

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# Ambrosia

## Ingredients:

- 1 can pineapple chunks (in juice, 20 oz, drained)
- 1 can mandarin oranges (11 oz, drained)
- 1 banana (peeled and sliced)
- 1 ½ cup grapes (seedless)
- ¾ cup marshmallows (miniature)
- ½ cup coconut (flaked)
- 1 carton vanilla yogurt (8 oz, low-fat)

## Instructions:

1. Drain pineapple and oranges - use juice as beverage
2. Combine fruit with marshmallows and coconut
3. Fold in yogurt
4. Chill
5. Serve



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This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. MSU is an affirmative-action, equal-opportunity employer.