

FRESH FRUIT AMBROSIA

¼ c. orange juice	½ tsp. ground nutmeg
1 medium sized banana, peeled	¼ tsp. cardamon
3 c. fresh fruit pieces (such as cantaloupe, grapes, apples, pineapple, pears, nectarines, plums, blueberries, honeydew melon or strawberries)	½ c. sugar-free 7-Up
	1 Tbsp. coconut, toasted

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CAKES, COOKIES & DESSERTS

Combine the orange juice, 7-Up and banana in a blender; puree until smooth. Pour over fresh fruit mixture. Sprinkle with the nutmeg and cardamon. Cover and refrigerate until ready to serve. Sprinkle on the coconut and serve immediately. This has no cholesterol, no fat and no sodium; is a good source of potassium.

*In Memory of Evelyn Young
Late Member of Pioneer Assembly of God*