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

msue.anr.msu.edu
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

msue.anr.msu.edu/program/info/eat_healthy_be_active

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