



### **Ambrosia Fresh Fruit Salad**

Inspired by Chef Levon Wallace

1/2 cup heavy cream

1/2 cup marshmallow fluff

1 (5.3 oz.) container Greek vanilla yogurt

4 seedless oranges, divided

1 cup fresh pineapple, cut into 1-inch pieces

2 small Gala apples, peeled, cored, cut into 1 inch pieces

1-1/2 cups seedless red or green grapes, sliced in half

1 cup toasted pecan pieces

Garnish: Shredded coconut, grated orange peel; mint leaves as desired

In a mixing bowl, whisk or beat cold cream for about 3 minutes or until soft peaks form. Add the marshmallow fluff, whisk for 1 minute until stiff peaks form. Fold in yogurt until combined. Chill in refrigerator.

Grate the orange peel from the oranges; set aside for garnish. Remove orange segments; set any juice aside for another use. Place orange segments from 3 oranges in large bowl; set remaining orange segments aside for garnish.

Add pineapple chunks, apple chunks, grapes, and pecans to large bowl with oranges. With a large spoon, fold the cream mixture into the fruit. Place in refrigerator for 1 hour.

Place Ambrosia salad in serving bowl; garnish with shredded coconut, grated orange peel, and mint leaves.

Serves: about 4 to 6

**Cook's note:** You can also make your own marshmallow cream if desired. If you want more texture, add more coconut or nuts. You can also add some light cinnamon flavor or even try adding some chopped candied ginger for a zesty pop.

**About this Recipe:** Since this fruit salad uses fresh fruits, it has a fresh fruit cocktail flavor swirled with light marshmallow cream. It is believed that this American dish originated in the early 19<sup>th</sup> century. It's usually served for holidays in the South, and almost each family has their own special recipe. Try using some fresh fruit to add a new taste dimension.