

Cool and Tropical Ambrosia

1 x 425 can pineapple pieces, drained (or use fresh pineapple, about 2 cups, chopped)
2 oranges, segmented
2 medium bananas, sliced
1 medium bunch of black grapes
1 punnet of berries (raspberries, strawberries or blueberries)
½ cup chopped walnuts or pecans
1 cup coarsely chopped marshmallows
500g berry yoghurt

Mix all ingredients together in a bowl; then transfer to a serving dish. This is good served in individual glass dishes!

Health Habits: