

# Ambrosia

*Elise McDonald*

*Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011*

*6 ounces cottage cheese  
1 box orange-pineapple or  
orange Jello  
1 can (2 ounce) pineapple  
chunks in juice, drained  
1 can (11 ounce) mandarin  
oranges, drained  
1 container Cool Whip  
miniature marshmallows  
1/2 cup coconut  
chopped walnuts (for  
garnish)  
halved maraschino cherries  
(for garnish)*

In a bowl, mix together the cottage cheese, Jello, pineapple chunks and oranges. Add the Cool Whip.

Blend together. Add the marshmallows and coconut. Mix together.

Garnish with the walnuts and maraschino cherries before serving.

---

Per Serving (excluding unknown items): 481 Calories; 17g Fat (30.5% calories from fat); 26g Protein; 61g Carbohydrate; 7g Dietary Fiber; 14mg Cholesterol; 702mg Sodium. Exchanges: 3 Lean Meat; 3 1/2 Fruit; 2 1/2 Fat.