

Chilled Indian Fruit Cream

Pamela Feeney

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

Servings: 6

*1 pint pineapple yogurt
1 pint sour cream
1/2 cup sugar
1 cup mandarin oranges
1/2 cup crushed pineapple
1/2 cup slivered almonds*

Drain the fruits well.

In a bowl, mix all of the ingredients (reserve 24 orange slices, 6 pineapple pieces and 24 almond slivers).

Pour the mixture into individual dessert dishes.

Garnish the tops with a circular design of the reserved fruit.

Chill for at least one hour.

Per Serving (excluding unknown items): 326 Calories; 22g Fat (59.6% calories from fat); 5g Protein; 29g Carbohydrate; 2 Dietary Fiber; 34mg Cholesterol; 43mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 4 1/2 Fat Other Carbohydrates.