

## Honey Ambrosia

### Ingredients:

- 1/2 cup orange juice
- 1/4 cup honey
- 2 tablespoons lemon juice
- 4 medium oranges, peeled and sectioned, chopped
- 2 medium bananas, peeled and sliced

### Equipment:

- Cutting Board
- Knife
- Bowl
- Measuring Cups
- Measuring Spoons

Number of Servings: 4  
 Prep Time: 15 minutes  
 Total Time: 1 hour & 30 minutes

### Directions

1. In a small bowl, blend orange juice, honey and lemon juice together in bowl. Set aside.
2. Wash orange. Using a sharp knife and cutting board, cut off both ends of orange, and set upright on cutting board. Starting at top, slide knife between skin and meat and cut off as much skin and white pith as possible. Slightly twist orange and make another cut, cutting off as much skin and pith as possible.
3. Break orange into sections then cut into smaller pieces and place in a medium bowl.
4. Peel bananas and cut into slices. Add to bowl.
5. Pour dressing over fruit. Stir until fruit is well coated with the juice mixture.
6. Cover and chill until ready to serve.

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### Nutrition Facts

Serving Size: 1 cup

Servings: 4

Amount Per Serving

**Calories 196**      Calories from Fat trace

%Daily Value\*

**Total Fat** trace g      2%

Saturated Fat trace g      1%

**Cholesterol** 0mg      0%

**Sodium** 2mg      0%

**Total Carbohydrate** 51g      17%

Dietary Fiber 5g      19%

**Protein** 2g      4%

Vitamin A 8%      Vitamin C 157%

Iron 0%      Calcium 6%

\*Percent Daily Values are based on a 2,000 calorie diet.

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