

Citrus Ambrosia

Makes 4 servings at 1 cup each

Grated peel of tangerine

1 cup low-fat yogurt, plain or vanilla
2 tangerines, peeled, segmented and seeded
1 grapefruit, peeled and sectioned
2 oranges, peeled and cubed



1. Stir tangerine peel into yogurt.
2. Divide fruit into four cups or dishes.
3. Spoon chilled yogurt mixture over fruit
4. Serve chilled.

Adapted from: www.fruitsandveggiesmatter.gov/recipes
For more recipes, visit: www.cachampionsforchange.net



Funded by the USDA's Food Stamp Program,
an equal opportunity employer and provider.

Tulare County Office of Education
Jim Vidak, County Superintendent of Schools



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