

**Recipe Name:** Ambrosia  
**Recipe Category:** Fruit Salads

**Portion Size:** 1/2 cup

**Ingredients:**    **Yields:** 8 servings

Ingredients	Notes:
3 bananas	Peeled and sliced
4 oranges	Peeled and cut into sections. Remove seeds
1/2 cup sugar	
1/2 cup orange juice	
1 cup shredded coconut	
8 lettuce leaves	Washed and trimmed

**Directions:**

Steps:	Directions:	Critical Control Point / Quality Assurance
1	Toss together bananas, oranges, sugar, orange juice, and coconut in a bowl.	
2	Arrange on lettuce leaves. Serve immediately.	Discard left overs.

**Time Temperature Sensitive food.** Food safety Standards: Cold holding at 41 °F or colder or using time alone (less than four hours). Do not mix old product with new. Store ingredients in separate airtight containers in refrigerator for up to 72 hours. Discard if tossed with dressing and not used. Do not freeze.

**Texture Modified Diets:**

**Soft & Bite Size:** (aka Bite size) **Food particle size ½ inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a ½” particle size prior to mixing. Moisten with juice as needed. Foods that do not process well should be omitted. Omit: coconut and tough membranes on oranges or use canned mandarin oranges

**Chopped:** **Food particle size ¼ inch (~ ½ width of standard fork)** Food must be moist. Chop foods with a knife to 1/4” particle size prior to mixing. Moisten with juice as needed. Foods that do not process well should be omitted. Omit: coconut and tough membranes on oranges or use canned mandarin oranges

**Minced and Moist:**(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8 inch (fits through prongs of standard fork)** Food must be moist. Use a food processor to grind food particles into 1/8 inch prior to mixing. Moisten with juice as needed. Foods that do not process well should be omitted. Omit: coconut and tough membranes on oranges or use canned mandarin oranges

**Pureed: Smooth and cohesive.** Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. May add juice or sauce to puree. Do not add too much liquid. Puree should still hold its shape. Must not be firm or sticky. May need to add thickener if liquid is too thin. Appearance should be smooth like pudding. Foods that do not process well should be omitted. Omit: coconut and tough membranes on oranges or use canned mandarin oranges

**Therapeutic Modified Diets:**

**Lowfat:** No changes needed.

**Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled:** omit sugar

**Bland/Anti Reflux:** Serve sliced banana.

**Liberal House Renal:** Serve sliced peaches or pears.

**No Added Salt:** No changes needed.

**2 Gram Sodium:** No changes needed.

**Gluten Free:** No changes needed.

**Allergy Alerts:** When an "X" is present, this indicates the allergen is present.

**Always read all food labels to ensure allergens are not present.**

Wheat	Milk	Eggs	Fish Shellfish	Soy	Peanuts/Nuts	Other

**Key:** SF= Salt Free D= Diet or Sugarfree LF = Lowfat FF = Fat Free GF = Gluten Free