

Uploaded to VFC Website → → January 2013 ← ←

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

Veterans-For-Change

Veterans-For-Change is a 501(c)(3) Non-Profit Corporation Tax ID #27-3820181

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Lime Ambrosia Fruit Cup

Prep Time: 30 mins **Total Time:** 30 mins

Ingredients

8 cup(s) fresh fruit, melon, strawberries, seedless grapes, and peaches (cut up)

- 1/2 teaspoon lime peel, finely shredded
- 3 tablespoon lime juice
- 1 tablespoon honey
- 1/2 teaspoon ginger, ground
- 1/3 cup(s) coconut, toasted

Preparation

1. Cut up fresh melon, strawberries, seedless grapes, and peaches to equal 8 cups. Combine 1/2 teaspoon finely shredded lime peel, 3 tablespoons lime juice, 1 tablespoon honey, and 1/2 teaspoon ground ginger; pour over fruit and toss. Top with 1/3 cup toasted coconut just before serving.

