

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Ambrosia – Simply Oranges & Coconut

With just two ingredients, use the sweetest, most luscious oranges you can find.

Expand upon my 7th grade recipe by using a variety of citrus fruits such as blood oranges, tangerines and/or tangelos in addition to the oranges. And of course, if you're fortunate to have access to a fresh coconut, [here's](#) how to prepare it.

Makes 4 servings

Active Time: 10 minutes

Total Time: 10 minutes plus an hour or more for blending the flavors

4 large oranges

¼ cup shredded coconut

1. With a serrated knife, use a sawing motion to peel and remove all the white pith from each of the oranges. Work over a bowl to catch the juices.
2. With a paring knife, [supreme](#) the oranges (remove the segments from the membrane). Also remove all seeds if not using seedless oranges. Squeeze the juice from the core and membranes into the bowl with the orange segments.
3. Toss the oranges with the coconut.
4. When you have the time, cover the bowl and refrigerate Ambrosia for an hour or more to blend the flavors before serving.

