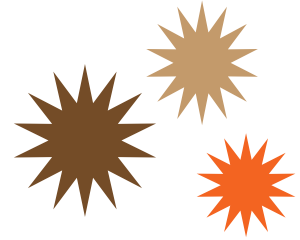


Amparo's Ambrosia Salad



Ingredients

- 8 oz Cool Whip , lite is fine
- 2 boxes Sugar Free Black Cherry jello mix
- 2 cans Del Monte No Sugar Added Fruit Cocktail
- 1 cup organic coconut flakes
- 2 cups miniature marshmallows (preferably the colored ones)
- 3/4 cup chopped nuts pecans, walnuts, cashews optional

Instructions

1. Fold Cool Whip in a large serving bowl with the sugar free jello packets. Mix until jello is well blended.
2. Drain the cans of fruit cocktail and mix into cool whip jello mix and fold in remaining ingredients
3. Serve immediately or refrigerate until serving.