

Kathy Henderson hosted “The Lawn and Garden Show” on WSB for many years. One bit of information she featured each holiday season is still in demand: her quick and easy ambrosia recipe.

Kathy got the recipe from a friend. So that you can enjoy it too, here it is!

ELIZABETH’S AMBROSIA RECIPE

passed on by Kathy Henderson

6 medium apples (preferably mellow ‘Golden Delicious’)

1 12 oz. can concentrated frozen orange juice

1 14 oz. can crushed pineapple

1 14 oz. pack of shredded unsweetened coconut

Peel and core the apples. Grate apples on the coarse side of a grater. Mix with the frozen orange juice, the pineapple and the coconut. Add about an orange juice can of water (according to how soupy you want the mixture to be). Mix ingredients thoroughly.

This dish can be served immediately. For the best flavor, make it a day ahead of time. Before serving you can add any ingredients to your taste: nuts, grapes, cherries, small marshmallows, etc. It can be saved for three days if kept in the refrigerator.

Your guests will never know that you did not tediously section oranges for this, so do not feel that you have to tell them. However, you may want to share this recipe with your best friends and relatives. It makes holiday entertaining so easy and refreshing!

If this recipe makes too much for your gathering, put the remainder in plastic containers and give some to your neighbors!

A helpful note from Rosie T. “To shred the apples, I use a Presto Salad Shooter that sits in my cabinet for the rest of the year. Unless the apples are really, really soft, it does a perfect job and you avoid the added “protein” that sometimes results from using a grater.”