

Ambrosia Salad

Instructions:

- In a large bowl, combine the mandarin oranges, pineapple tidbits, marshmallows and coconut.
- 2. Add the sour cream and mix.
- 3. Cover and chill in the refrigerator for several hours.

*You can use any canned fruit instead of mandarin oranges and pineapple.

Ingredients:

 1 can mandarin oranges, drained

DESSERT

- 1 can pineapple tidbits, drained
- 1 cup mini marshmallows
- 1 cup sweetened shredded coconut
- 1 cup sour cream



This health center receives HHS funding and has Federal Public Health Service (PHS) deemed status with respect to certain health or health-related claims, including medical malpractice claims, for itself and its covered individuals.





No-Bake Peanut Butter Cookies

Instructions:

- 1. Before you begin, gather and measure ingredients. Line two to three large baking sheets with parchment paper and set aside.
- 2. Place butter, sugar and milk in a saucepan and heat over medium heat. Stir often until the butter is melted and ingredients are well combined. Bring mixture to a rolling boil (quickly bubbling). Let boil for 60 seconds without stirring.
- 3. Remove saucepan from heat and stir in peanut butter and vanilla extract until fully combined. Stir in oats and mix until oats are covered with the mixture and ingredients are well combined.
- 4. Drop spoonfuls of mixture onto the lined baking sheets. You can flatten the drops with the back of the spoon so they make a cookie shape.
- 5. Allow to cool for 45 minutes to an hour, or until the cookies have firmed. The cookies will firm up the longer they are allowed to cool.

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- ½ cup unsalted butter, cut into pieces
- 1¾ cups granulated sugar

DESSERT

- 1/2 cup milk
- ³⁄₄ cup creamy peanut butter
- 1 teaspoon pure vanilla extract (optional)
- 3¼ cups quick-cooking oats

