

# **Holiday Fruit Salad**

From the University of Illinois Extension

<http://urbanext.illinois.edu/diabetesrecipes/recipe.cfm?recipe=Holiday%20Fruit%20Salad>

## **Ingredients**

- 1 can (20-ounce) crushed pineapple
- 2 packages (4 servings each) sugar-free cranberry gelatin
- 1 can (16-ounce) whole berry cranberry sauce
- 1 medium apple, chopped

## **Instructions**

1. Drain pineapple, reserving juice. Add enough water to juice to have 2 cups and bring to a boil in microwave or stove.
2. Add boiling liquid to gelatin in mixing bowl. Stir until dissolved.
3. Add cranberry sauce and stir until blended.
4. Add crushed pineapple and blend. Stir in chopped apple.
5. Refrigerate until firm.

**Makes 21 servings**

## **Nutrition information per serving**

Calories: 58	Dietary Fiber: 1g
Total Fat: 0g	Sodium: 33mg
Saturated Fat: 0g	Protein: 0g
Cholesterol: 0mg	Carbohydrates: 14g



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