

Cherry Pineapple Delight

Make this gelatin dessert anytime of the year using canned oranges and pineapple.

Makes: 12 servings

Prep Time: 15 minutes
Chill Time: 5 hours

Source: www.choosemyplate.gov/recipes

Ingredients

- 2 cups water (boiling)
- 1 package gelatin (8 serving size, cherry, sugar-free)
- 1/2 teaspoon cinnamon
- 1 can pineapple chunks (20 oz, in juice, not drained)
- 2 cans (11 oz) mandarin oranges (in light syrup, drained)
- 16 ice cubes

Directions

1. Pour boiling water into a large bowl. Add the gelatin and cinnamon to boiling water. Stir for at least 2 minutes until gelatin is completely dissolved.
2. Drain pineapple, reserving the juice. Add enough ice (or cold water) to the juice to measure 1 1/2 cups. Add the gelatin mixture and stir until the ice is completely melted.
3. Refrigerate for about 45 minutes or until the gelatin is slightly thickened (consistency of unbeaten egg white).
4. Reserve 1/4 cup each of the pineapple and orange. Add remaining pineapple and oranges to the gelatin. Pour into 1 1/2 quart serving bowl.
5. Refrigerate for 4 hours or until firm. Garnish with reserved pineapple and oranges.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/2 cup	
Nutrients	Amount
Calories:	88
Total Fat:	0 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	40 mg
Total Carbohydrates:	22 g
Dietary Fiber:	1 g
Total Sugars:	21 g
Added Sugars:	8 g
Protein	1 g

Utensils Needed

- Sauce pan
- Mixing spoon
- Measuring spoons
- Colander
- Large bowl
- Can opener

SHOPPING LIST

Average total cost without oil and seasonings: \$2.81

Average cost/serving: \$0.23

Makes: 12 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Sugar-Free Black Cherry Gelatin (3 oz)



Add 1 to Cart
Pineapple Chunks, in water (20 oz)



Add 2 to Cart
Mandarin Oranges, in light syrup (15 oz)

SAVE TIME, SAVE MONEY

My Cooking Notes

Shopping & Substitution Tips

- This is a very versatile recipe. You can use any combination of fruit and gelatin. For example, try fresh strawberries with canned pears and sugar-free strawberry gelatin.
- When purchasing canned fruit, try to find fruit that is packed in 100% juice or water. If you do buy fruit that has syrup on it, make sure to rinse it to remove the added sugar.