

Strawberry and Pineapple Delight Recipe

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| 2 cups | boiling water |
| 1 package (8-serving size) | sugar-free, low-calorie strawberry gelatin |
| ½ teaspoon | cinnamon powder |
| 1 large can (20 ounces) | pineapple chunks in fruit juice, not drained |
| 1 can (11 ounces) | mandarin orange segments in fruit juice, drained |
| 16 large | ice cubes |

1. Pour boiling water in a large bowl. Add the gelatin and cinnamon powder to the water. Stir for at least 2 minutes, making sure the gelatin is completely dissolved.
2. Drain pineapple chunks, and save the juice. Add ice (or cold water) to the leftover juice to measure ½ cups. Add gelatin. Stir until ice is completely melted.
3. Refrigerate about 45 minutes or until gelatin is slightly thickened (*consistency of unbeaten egg white*).
4. Reserve ¼ cup each of the pineapple and orange. Add the remaining pineapple and orange to gelatin. Pour into a 1½-quart serving bowl.
5. Refrigerate 4 hours or until firm. Garnish with the reserved pineapple and orange segments.

Quick Fact

This refreshing healthy dessert will satisfy any sweet tooth.

Yield: 12 servings

Serving size: ½ cup

Each serving provides:

Calories: 41

Total fat: 0 g

Saturated fat: 0 g

Cholesterol: 0 g

Sodium: 23 g

Total fiber: 1 g

Protein: 1 g

Carbohydrates: 10 g

Sugars: 9 g

Potassium: 94 mg