

Harvest of the Month

Cranberries – November

Creamy Fresh Cranberry Fluff

Light and tasty-sure to be the star of Thanksgiving or as a treat anytime throughout the month!

INGREDIENTS:

- 3 cups fresh or frozen cranberries, thawed and coarsely chopped (1 (12) oz. bag)
- 1 can (20 oz.) unsweetened crushed pineapple, drained very well
- 3 medium apples, chopped
- ½ cup regular granular sugar or granular sugar-free sweetener (stevia; sucralose) equal to ½ c. regular sugar
- 1 carton (8 oz.) light whipped topping (or vanilla Greek yogurt)
- ¼ cup fine chopped walnuts (optional)

1) In a large bowl, combine the cranberries, pineapple, apple, and sweetener. Cover and refrigerate overnight if desired.

2) Just before serving, gently stir in cool whip and walnuts.

Makes 16 servings, each 1/2 cup, for 100 calories, 3 g. fat w/ walnuts, and 18 g. carbohydrate (1 carbohydrate choice) per serving.

Nutrition Analysis (made with regular sugar and Greek Yogurt: 98 calories, 1.5g fat, 20g carbohydrate, 2 g protein, 2.25 g fiber.

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Photo: Katie Schmidt



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