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Cherry Pineapple Delight

Source: What's Cooking? USDA Mixing Bowl

Serving size: 1/2 cup **Servings per recipe:** 12

This dish will for sure make your kids in love with fruits!

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)
- 1 can mandarin orange (22 oz., in juice, drained)
- 16 ice cubes (large)

Materials

mixing bowl and spoon, measuring spoons

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.

Nutrients	Amount
Calories	88
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	40 mg
Total Carbohydrate	22 g
Dietary Fiber	1 g
Total Sugars	21 g
Added Sugars included	8 g
Protein	1 g
Vitamin D	0 mcg
Calcium	15 mg
Iron	0 mg
Potassium	99 mg

Finger Lakes Eat Smart New York

1581 Route 88 North
Newark, NY 14513
(315) 331-8415



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