

# Berry-Pineapple Fluff

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## Serving Information

Serves 12

## Ingredients

- 1 lb. frozen cranberries,  
blueberries, or raspberries
- 1 (8-oz.) can crushed pineapple, drained  
and juice saved
- 1 box (4 servings) sugar-free  
raspberry or other berry gelatin
- 2 c. nonfat vanilla yogurt
- Orange slices or drained and rinsed  
mandarin orange slices for garnish

## Equipment

- Medium saucepan
- 11" x 7" baking pan
- Measuring cups

## Directions

1. Place frozen fruit in a medium saucepan and add the drained pineapple juice.
2. Cook over medium heat for approximately 5 minutes or until fruit becomes soft.
3. Stir in gelatin and remove from the heat. Stir to dissolve gelatin.
4. Fold in yogurt and drained pineapple.
5. Pour mixture into a 11" x 7" baking dish.
6. Chill for at least 2 hours; cut into 12 squares; garnish with orange slices.

**Source:** Diabetes Education Program WVUES 1999-2000

## **Nutrition Facts**

Serving Size (109g)  
Servings Per Container 12

**Amount Per Serving****Calories 110**      **Calories from Fat 5****% Daily Value\*****Total Fat 0g**      **0%**Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%****Sodium 220mg**      **9%****Total Carbohydrate 15g**      **5%**Dietary Fiber 1g      **4%**

Sugars 14g

**Protein 6g**

Vitamin A 0%      • Vitamin C 6%

Calcium 8%      • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

