

Cranberry Whip

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Ingredients	Quantity	Measure
Sugar, granulated	1	cup
Cranberries, fresh or frozen	1	pound
Non-dairy whipped topping	16	ounces
Pineapple, crushed	20	ounces
Vegan mini marshmallow	2	cups

Preparation

1. Put cranberries in food processor and pulse until broken.
2. Put processed cranberries in a bowl with 1 cup sugar. Let set overnight.
3. Stir in pineapples, marshmallows and whipped topping into cranberries with sugar. Blend well.
4. Serve.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 187 Total Fat: 1.3g Saturated Fat: 1g Carbohydrate: 46g Protein: 0g Sodium: 18mg Vitamin A: 2µg
Vitamin C: 4mg Calcium: 7mg Iron: 0mg Folate: 2µg

