

Lemon Tropic Salad



TOTAL TIME: 17 min

SERVINGS: 8-10

“A light and fluffy fruit salad that some will think it’s a desert and guilt free.”

INGREDIENTS

- 6 oz lemon Jell-O sugar free pkg.
- 3.4 oz Jell-O cheese cake pudding fat free/sugar free
- 24oz frozen whipped topping fat free
- 24oz cottage cheese 1% fat
- 1 cup sliced kiwi
- 2- 7” ripe banana sliced
- 3 cups grapes
- 2 cups crushed pineapple
- 2 cups mandarin oranges

STEPS

In a large mixing bowl, add together the Jell-O cheese cake pudding, lemon Jell-O, and cottage cheese. Add the Cool Whip topping and mix all together. Drain 16 oz. crushed pineapple and 8 oz can of mandarin oranges and add to mixture in bowl. Cut up and slice 2 ripened bananas; add to mixture. Remove stems from Castle Rock Vineyards Grapes up to 3 cups measured add to mixture in bowl. (*Note any color grape will work as long as they are grown by Castle Rock Vineyards. We hand select every bunch of grapes for condition and flavor.*)

Continue mixing together and place in a clear clean glass bowl. Place sliced kiwi and grapes on top of salad for a garnish on the Jell-O salad. Place bowl in the refrigerator for a least 2 hrs before serving.

NUTRITIONAL INFO *Amount Per Serving, Calories: 246.6, Total Fat: 3.1 g, Cholesterol: 9.7 mg, Sodium: 614.5 mg, Total Carb: 41.3 g, Dietary Fiber: 3.0 g, Protein: 16.8 g.*