

Uploaded to the VFC Website



This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

Veterans-For-Change

If Veterans don't help Veterans, who will?

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



Holiday Berry Salad

- 1 Pkg. (8-serving size) cherry JELL-O Brand Gelatin
- 2 Cups boiling reduced calorie cranberry juice cocktail
- 1-1/2 Cups cold club soda
- 1/4 Cup creme de cassis liqueur (optional)
- 1 Tsp lemon juice
- 1 Cup blueberries
- 1 Cup raspberries
- 1 Cup sliced strawberries
 - 1) Dissolve gelatin completely in cranberry juice.
 - 2) Stir in club soda, liqueur and lemon juice.
 - 3) Refrigerate until slightly thickened.
 - 4) Stir in 2 cups of the berries.
 - 5) Spoon into 6-cup mold which has been sprayed with no stick cooking spray or a bowl.
 - 6) Refrigerate 4 hours or until firm.
 - 7) Unmold and garnish with remaining 1 cup berries.

Makes 8 Servings