

Creamy Holiday Salad

Ingredients

- 12 oz. fresh cranberries
- 1 c. (8 oz.) pineapple, fresh or canned with juice
- ¼ c. dates, chopped
- ¼ c. golden raisins, chopped
- 1 apple, chopped
- 1 c. raspberries, fresh or frozen
- 1 t. honey
- 1 can Thai Kitchen coconut milk, full fat
- 1 T. agave
- 1 T. maple syrup
- ½ t. vanilla powder or 1 t. vanilla extract
- ¼ t. lemon powder or 1 t. lemon juice

Instructions

1. Pulse cranberries, pineapple, dates and raisins in food processor until evenly chopped.
2. Refrigerate for 2 hours or overnight.
3. Stir in chopped apple, raspberries and honey.
4. Make whipped cream using only the hardened white cream from top of can.
5. Blend briefly then add agave, maple syrup, vanilla powder and lemon. Blend again until smooth like whipped cream.
6. Stir into cranberry mixture and enjoy!

*Notes

Top with mini vegan marshmallows if desired (New Seasons Market)

Top with chopped nuts or coconut flakes.

Add in mandarin oranges for extra flavor.

Did You Know? Medicalnewstoday.com

Cranberries are a healthful food, due to their high nutrient and antioxidant content. They are often referred to as a "super food." Half a cup of cranberries contains only 25 calories.

The nutrients in cranberries have been linked to a lower risk of urinary tract infections, prevention of certain types of cancer, improved immune function, and decreased blood pressure.

Research has shown that the nutrients in cranberries can help slow tumor progression, and that they can have a positive impact on prostate, liver, breast, ovarian, and colon cancers.