

Betty's Dramatic Springtime Fruit Salad Recipe



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In this video, Betty demonstrates how to make a colorful (and healthy) springtime fruit salad using strawberries, blueberries, and pineapple--all in season and easily available in spring! It is luscious, also!

Ingredients:

2 cups fresh strawberries, washed, dried (with paper towel), and quartered

2 cups fresh blueberries, washed and dried

2 cups fresh pineapple, peeled and cored, sliced and cut into pieces--same size as strawberry slices

3 tablespoons Splenda (or sugar or other artificial sweetener)

1 carton strawberry glaze (I used sugar-free.)

8 oz. carton frozen whipped topping, thawed (I used fat-free.)

Add 2 cups strawberry slices, 2 cups blueberries, and 2 cups pineapple pieces to a large clear serving bowl. Sprinkle with 3 tablespoons of Splenda, and gently stir it in. At this point, you can cover your springtime fruit salad with plastic wrap and refrigerate until ready to serve. Here are a few options: 1) You may serve your springtime salad, as is, by placing a generous portion in a berry bowl or flat salad dish--very pretty and very tasty! 2) You may make a beautiful dressing for your fruit salad as follows: Place about 1 cup of thawed whipped topping in a small mixing bowl. Add strawberry glaze, 1 tablespoon at a time, stirring after each addition. When you have the look you want, your dressing is done! (You may stir only until it is striated (red and white streaks), or stir completely for a "pinkish" look. Now place a generous dollop of your dressing on a bowl or plate of your springtime fruit salad--beautiful and luscious! 3) After making the dressing, you may stir it into your large bowl of springtime fruit salad, letting it permeate the entire salad. The fruit will be completely coated with a gorgeous pink dressing. Spoon a generous portion of your dressed springtime fruit salad into a berry bowl or on a flat salad plate--lovely! healthy! flavorful! You can't go wrong with this fruit salad/dressing combination!!!