



## *Berry Gelatin Salad*

### Ingredients:

- 4 envelopes unflavored gelatin
- 4 cups raspberry juice unsweetened (you can make with frozen juice)
- 1 cup boiling water

### Frozen or fresh:

- 1 cup Strawberries,
- 1 cup Raspberries
- 1 small can crushed pineapple including liquid
- Sweeten with Stevia to taste
- Sour cream

Defrost berries beforehand.

Soften gelatin for a couple of minutes in one cup of the raspberry juice. Add one cup boiling water and stir until completely dissolved. Reserve  $\frac{1}{2}$  cup of juice. Add the rest of the raspberry juice and the defrosted berries and pineapple.

Taste for sweetness. Add Stevia to a portion of the reserved  $\frac{1}{2}$  cup of juice and pour into the already mixed ingredients, mix and taste again, if not sweet enough add more Stevia to the remaining juice. Mix in and pour into a glass dish. I use Pyrex dish 13x2x9.

Mix a cup and  $\frac{1}{2}$  of sour cream with Stevia, sweeten to taste. Once done add tablespoonfuls of the sour cream to the already mixed ingredients. Refrigerate to gel.