



Fresh Apricot Dessert

Makes 8 servings

Ingredients

- 1 3-ounce box apricot-flavored gelatin
- 5 apricots, pits removed and sliced, divided
- $\frac{3}{4}$ cup low-fat whipped cream cheese
- $\frac{1}{2}$ cup powdered sugar
- $\frac{1}{2}$ teaspoon vanilla extract
- 3 cups low-fat whipped topping, divided
- $\frac{1}{4}$ teaspoon ground cinnamon

Directions

1. Prepare gelatin according to package directions. Set aside.
2. Place apricot slices in the bottom of a 7 to 8-inch springform pan, saving 5 slices for garnish.
3. In a medium bowl, combine cream cheese, powdered sugar and vanilla. Use a spatula to fold in $1 \frac{1}{2}$ cups whipped topping. Spread over apricots.
4. Use two knives to cut gelatin into small pieces.
5. In a small bowl, combine cinnamon and remaining whipped topping. Use a spatula to fold it into the gelatin. Spread on top of the other layers in pan. Garnish with remaining apricot slices.
6. Place in the refrigerator for 5 hours or freezer for 1 to 2 hours, until firm. Cut into pieces and enjoy!



DESSERT



TIP

Trying using lemon-flavored gelatin in this recipe to create a blend of fruity flavors!*

*Option not included in nutrition facts.

= low sodium

= gluten free

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Nutrition Facts

Serving Size 1 slice (83g)
Servings Per Container 8

Amount Per Serving

Calories 170 **Calories from Fat 50**

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 115mg **5%**

Total Carbohydrate 27g **9%**

Dietary Fiber 0g **0%**

Sugars 26g

Protein 3g

Vitamin A 10% • Vitamin C 4%

Calcium 4% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: milk

Carb choices per serving: 2