

Cranberry Freeze

- 1 (8 ounces) can crushed pineapple, canned in pineapple juice
- 1 (16 ounces) can whole cranberry sauce
- 1/2 cup chopped pecans (optional)
- 1 (8 ounces) carton fat free sour cream

Makes 12 portions, about 2x3 inches each

Per portion

Calories:	118
Carbohydrate:	22 grams
Protein:	1 gram
Fat:	3 grams
Saturated fat:	0
Cholesterol:	1 milligram
Sodium:	39 milligrams
Dietary fiber:	1 gram

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1. Drain pineapple.
 2. Mash cranberry sauce well with a spoon or a fork.
 3. Combine all ingredients.
 4. Pour into 9x9 inch baking pan and put in freezer.
 5. Once frozen, cut into squares to serve. Optional, serve on lettuce leaf.