

Gluten & Dairy Free Strawberry Pretzel Salad

Servings: 8

Prep time: 35 min

Cook time: 8 min

INGREDIENTS

- 3/4 cup of vegan butter
- 1 teaspoon of salt
- 2 1/2 cups of crushed gluten free pretzels
- 1 20-ounce can of crushed pineapple
- 6 ounce packet of strawberry Jell-O
- 1-2 cups of chopped strawberries (fresh or frozen)
- 8 ounces of plain or strawberry vegan cream cheese
- 8 ounces of vegan cool whip
- 1/2 cup of sugar



DIRECTIONS

- Preheat your oven to 325 degrees Fahrenheit
- Crush roughly 2 1/2 cups of gluten free pretzels.
- Measure out 3/4 cup of vegan butter.
- Slice the butter and place it in the bottom of a 9x9 baking dish.
- Add 1 teaspoon of salt to the baking dish with the butter.
- Add the crushed pretzels to the baking dish.
- Bake for 4 minutes, then remove, stir, and bake for 4 more minutes.
- Set the dish of pretzels aside to cool while you prepare the Jell-O mixture.
- Strain a 20-ounce can of crushed pineapple over a bowl.
- Add the pineapple juice to a measuring cup and then fill with water to the 2 cup mark.
- Simmer the juice mixture on the stovetop in a teakettle or small pot.

Directions continue on the next page



Recipe by: Cheri Moore

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DIRECTIONS

- Pour one 6-ounce packet of strawberry Jell-O into a metal or glass bowl.
- Add the boiling pineapple juice mixture to the mixing bowl with the Jell-O.
- Stir until the Jell-O powder is completely dissolved. (about 2 minutes)
- Place the Jell-O in the fridge to set for roughly 30 minutes.
- Wash and slice 1-2 cups of strawberries. (fresh or frozen)
- Add the crushed pineapple and sliced strawberries to the chilled and slightly set Jell-O and stir.
- Put the Jell-O back in the fridge to finish setting. Use this time to wash a few dishes and make your topping. Kite Hill Cream Cheese is my favorite brand. I can purchase Kite Hill Cream Cheese at Harris Teeter and Kroger.
- Add 8 ounces of vegan cream cheese and 8 ounces of vegan whipped topping to a mixing bowl and beat on high until combined.
- Slowly add a 1/2 cup of sugar while the mixer is beating the topping on high.
- Add half of your whipped topping over the pretzels, then add your fruit Jell-O and the remaining half of the whipped topping.
- Store in the refrigerator until ready to serve.

NOTES:

Layer the whipped topping on the pretzels to prevent the Jell-O fruit mixture from making the pretzels soggy.
