

Heritage Recipes

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Pineapple Fluff

From Helen

This is a recipe Nana Zellmann often made for daughters. It is low cal and Nana seemed to stress that with her daughters in 1958! This recipe is probably from a newspaper or a member of the ladies aid.

Pineapple Fluff

1 pkg lime Jello
1C pineapple juice
1/2 C crushed pineapple drained
1/3 C ice water
1/3 C nonfat dry milk
1/3 C graham cracker crumbs

Recipe Directions:

Dissolve Jello in hot pineapple juice. Cool to jelly like consistency----add crushed pineapple. Whip ice water and non fat dry milk until stiff. Fold into Jello mixture. Place 1/2 of crumbs in bottom of refrigerator tray. Pour in mixture and sprinkle rest of crumbs on top. I expect a refrigerator tray is a Pyrex pan that fit into the coldest part of the refrigerator.

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