

Sweet & Creamy Apple Salad, Amy Irving, Mennonite College of Nursing

Ingredients

16 oz – Whipping Cream
1 tsp – Vanilla
As Needed - Powdered Sugar – for
sweetness
OR – you can use a container of extra
creamy Cool Whip!
3-4 Apples (I use Red Delicious)
¼ - ½ Bag – Mini Marshmallows
½ C – Chopped Nuts (optional)
1 Small Can – Crushed Pineapple
1 Can – Mandarin Oranges
Grapes – Green or Red

Notes

My sister always asks me to make this at our holiday gatherings. It is best if you make the whip cream, but if time is an issue – I have used extra creamy cool whip, and that works just fine...and you don't have to tell anyone! If I do add nuts, then I usually sprinkle a few on the top so people know there are nuts in the salad.

Diane Folken always makes her holiday recipes festive with using sprinkles of the season (Easter, Christmas, etc.), so one year for Thanksgiving, I decided to add orange sugar sprinkles to the top of my apple salad. Don't do this. It did not look appetizing at all, as the orange sprinkles turned brown after setting on top of the whipped cream for a while. But my family got a good laugh.

Directions

Make whipping cream according to directions – add a little vanilla and powdered sugar for sweetness. If it gets too sweet, add a pinch of salt. Once it is whipped, put in fridge.

Dice the apples into small chunks and put in bowl of water with lemon juice so they don't get brown.

Drain Pineapple and Mandarin Oranges.

Slice grapes in half.

Chop nuts. (I like using pecans.)

Combine fruit and nuts into large bowl. Fold in the whipped cream. Add marshmallows.