

Cherry Pretzel Salad

Makes 10 servings | A diabetic-friendly recipe



Ingredients:

- Cooking spray
- 2 cups crushed pretzels
- 3/4 cup butter, melted
- 3 tablespoons plus 1 cup sugar-free granulated sweetener, divided
- 1 (8-ounce) package cream cheese, room temperature
- 1 (8-ounce) container sugar-free whipped topping
- 1 (.6-ounce) box sugar-free cherry gelatin
- 2 cups boiling water
- 1 (20-ounce) can sugar-free cherry pie filling

Directions

1. Preheat oven to 350°F. Spray a 9 X 13-inch baking pan with cooking spray.
2. Combine pretzels, melted butter, and 3 tablespoons sugar-free sweetener; press into a baking dish. Bake for 10 minutes and cool completely.
3. Beat cream cheese with 1 cup sugar-free sweetener until smooth; fold in whipped topping.
4. Spread evenly over cooled crust, sealing the edges.
5. Dissolve sugar-free gelatin in boiling water; stir in cherry pie filling.
6. Let mixture cool slightly, then pour over cream layer.
7. Refrigerate until fully set before serving.

Fun Food Fact

This sweet and salty dish rose to popularity in the 1950s and 1960s, when gelatin-based recipes were a centerpiece of American home entertaining.