



Cranbrosia Salad

Recipe adapted from Chef AJ's 5-Minute Cranberry Relish

This recipe is a healthy, raw, guilt-free, and really tasty mashup version of two traditional dishes: cranberry sauce and ambrosia salad. Even my husband, who always states that he does NOT like cranberries, thinks it's delicious. It takes less than 10 minutes to make.

Ingredients

- 1 12-oz bag of cranberries
- 3 cups dates, pitted
- 1 large orange
- 1 ½ cups fresh pineapple, cut into chunks
- shredded dried coconut, unsweetened

Preparation

1. Zest and peel the orange and separate it into sections.
2. Process the dates in a food processor using the S-blade until they resemble a thick paste. It's fine if you can still see a few small pieces of dates.
3. Stir the cranberries, orange zest, orange sections, and pineapple chunks in with the dates and process until it reaches the desired consistency. (I like mine a little bit chunky.)
4. Place each serving on a plate and top with shredded coconut.