

# Heritage Recipes

You can share old family recipes and traditions

## Mom's Fluff Dessert Salad

From Cathy

When my mother's family would gather for holiday dinners, everyone would bring something to share. We were a large family from rural Indiana. There were four sisters and one brother, plus numerous cousins, great aunts and uncles. And of course our grandmother was the center of our family ring. All of the ladies were fantastic cooks because they had a fantastic teacher. The recipes were simple, but delicious. Many of them reflected a mixed heritage of German and Irish influence. I have collected as many recipes as I could find into a family cookbook that is the foundation of my own kitchen.

One of the recipes we all loved was a simple salad that my mother, Peg Brown Gephart, used to make. It was a dessert salad that never had a name, but I have just called it Mom's Fluff.

## Mom's Fluff Dessert Salad

- 1 large box of Orange Jello
- 1 can of crushed pineapple, drained
- 1 can of apricots, drained and sieved, or 1 large jar of apricot baby food

Prepare the Jello following the instructions on the box. Add the fruit and chill the Jello until set. Before serving, remove the Jello from the refrigerator and run a fork through it shredding the Jello into small pieces. Whip one pint of whipping cream, adding a little sugar. When the cream is fairly stiff, fold it into the Jello mixture. Serve cold with pound cake or alone. Add ins could be miniature marshmallows or pecans. This is just a simple salad that can be altered in a lot of ways, but the basic ingredients are just so darned good, why mess with a good thing?

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