

Sugar Free Watergate Salad

THM-Friendly XO

HEADS UP: This recipe takes at least one day of prep work!

Day before salad assembly:

- Make a batch of [Toastable Marshmallows](#); make them thin, and cut them into small pieces.
- [Maraschino Cherries](#) (If you don't already have these on hand, WHY NOT? You will want to make them 2 days before for the best flavor.)
- Make pistachio pudding, you can use [Coach Nikki's Pistachio Pudding](#), or here's my recipe using her [Quick Vanilla Pudding](#) option:
 - 1 cups egg whites
 - 1/4 cup unsweetened [nut milk](#)
 - 1/4 THM [Gentle Sweet](#)
 - 1/2 cup THM unflavored [Pristine Whey Protein](#)
 - 1/2 tsp. [glucic](#)
 - 1 tsp. [vanilla extract](#)
 - 1/2 tsp. [pistachio extract](#) (CRITICAL FOR RECIPE)
 - a couple drops green food coloring, natural (or [Dynamic Duo Greens](#))
 - 1/4 tsp. [pineapple extract](#)
 - 1/4 cup pistachios (already shelled is best, or you will have to de-shell them. If you remove the shells, in order to remove the skins, boil for two minutes and rub vigorously with paper towels to remove the skins.)
 - If you want a thicker pudding use less nut milk.
- 20 oz. can crushed pineapple, **strained overnight**, then push out any remaining liquid on assembly day. You want this as dry as possible.
- 1/2 cup pecans, finely chopped



Assembly Day:

- Make whipped cream:
 - 1/2 cup cold water
 - 2 tsp. THM [Just Gelatin](#)
 - 2 and 1/4 cup heavy (whipping) cream
 - 1/2 cup Swerve Confectioner
 - 1 Tbsp. [vanilla extract](#)



Whip Cream: Put cold water into a small dish, sprinkle the gelatin on top of the water; do not stir it in. Then in a large mixing bowl combine heavy (whipping) cream, sweetener, and vanilla. Using a mixer on low speed mix until you see bubbles, and increase to medium speed until it has thickened. While that is mixing, microwave the slightly thickened gelatin for five seconds, then let cool. Increase the mixer speed to high while slowly pouring in the gelatin and mix until medium peaks form.

To Assemble: Put all the whipped cream into a large bowl. Add in the pistachio pudding and fold together! You do not want to defluffinate the whipped cream by mixing too hard! Add the pineapple and fold in. Then fold in 1 cup of "mini" (toastable) marshmallows and the pecans.

Refrigerate for at least 1 hour. Top with maraschino cherries. Dish up (best in a bowl from 1960's or "vintage" looking) or eat straight from the bowl if it's all yours!

enJOY!

<https://www.joyfullifewithkj.com/sugar-free-watergate-salad>

