

Christmas Sundae GF SCD

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/christmas-fruit-cake-recipe-soaked-in-juice>

Ingredients:

- 2 scoops coffee ice cream
- 2 cranberry sauce tblsps SCD legal
- christmas pudding
- cake
- flaked almonds
- 3 cups cream yogurt
- 2 pure vanilla extract spoonfuls of
- 1/2 cup honey
- 2 tablespoons coffee beans
- 4 tablespoons boiling water
- 2 1/2 cups frozen cranberries or fresh
- 2 water tblsps
- honey added to taste.

Nutrition:

1. Calories: 1100 calories
2. Carbohydrate: 164 grams
3. Cholesterol: 165 milligrams
4. Fat: 50 grams
5. Fiber: 6 grams
6. Protein: 10 grams
7. SaturatedFat: 29 grams
8. Sodium: 260 milligrams
9. Sugar: 135 grams

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