



Healthy Jello

By Wellness Mama

Serves: 4-6

Ingredients

- 1½ cups of organic or freshly juiced fruit juice of choice (grape, pineapple, orange or a mix of orange and pineapple are all good!)
- ¼ cup cool water
- ¼ cup hot (almost boiling) water
- 1 tablespoon of Kosher Gelatin Powder
- 1-2 cups of fresh fruit (optional) - Pineapple, strawberries, blueberries and orange slices are all really good
- Note: Can double recipe.

Instructions

1. Pour the cool water in a large mixing cup or quart-sized Mason jar and add the gelatin powder.
2. Stir briskly until mixed- it will start to thicken a lot.
3. Add the ¼ cup of really hot water and stir to mix- it should be thinner now.
4. Combine this with the juice and mix well.
5. Put the fruit into the container that you are going to make the Jello in 8x8 baking dishes work well.
6. Pour the Jello mixture over the fruit and stir lightly to make sure it has coated the fruit too.
7. Put in the fridge, covered, for at least 2-3 hours or overnight and serve.
8. Can cut into cubes or scoop out with a melon spoon to make cute shapes.
9. Enjoy.

The Balanced Body Center

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