

HOMEMADE JELLO★★★★★

COURSE: DESSERT CUISINE: AMERICAN

KEYWORD: JELLO, NO BAKE, QUICK PREP TIME: 5 MINUTES

TOTAL TIME: 5 MINUTES SERVINGS: 8 CALORIES: 35KCAL

AUTHOR: MEGAN GILMORE



A quick and easy homemade gelatin snack, with no added sugar.

INGREDIENTS

- 1 3/4 cups 100% fruit juice , **divided**
- 1/4 cup boiled water
- 1 tablespoon grass-fed gelatin

INSTRUCTIONS

1. To begin, you'll want to "bloom" the gelatin in a bit of cool or room-temperature fruit juice, to ensure a smooth and even end result. In a medium mixing bowl, sprinkle the tablespoon of gelatin over 1/4 cup of the fruit juice (I used 100% organic grape juice for this batch), and whisk well until the mixture starts to thicken.
2. Once the mixture is nice and thick, pour the 1/4 cup of hot (just boiled) water over it, and whisk well to dissolve evenly. When the mixture is smooth, add in the remaining 1 1/2 cups of fruit juice, and mix well to combine.
3. Pour the mixture into a standard loaf pan, greased or lined with parchment paper to prevent sticking, and place in the fridge to set for at least 2 hours. You'll know it's done when the top is firm to the touch!
4. Slice into squares and serve immediately, or store in the fridge in a sealed container until ready to serve.

NUTRITION

Calories: 35kcal | Carbohydrates: 9g | Sodium: 5mg | Sugar: 8g | Vitamin C: 20.6mg

<https://detoxinista.com/homemade-jello/>