



What jiggles, and makes the dogs wiggle?

Jello

INGREDIENTS

- 1 ½ cups of Coconut water
- ¼ cup cool water
- ¼ cup hot (almost boiling) water
- 1 tablespoon of unflavored gelatin
- 1-2 cups of fresh fruit (optional) - banana, strawberries, blueberries and blackberries are all really good

DIRECTIONS

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 quickly thicken.
3. Add the 1/4 cup of really hot water and stir to mix- it should be thinner now.
4. Combine this with the juice and mix well.
5. Place fruit into 8x8 baking dish or container of choice.
6. Pour the Jello mixture over the fruit and stir lightly to coat fruit.
7. Refrigerate for at least 2-3 hours (or overnight) and serve.
8. Cut into cubes or scoop with melon spoon to create fun shapes.

Bone Appetit!