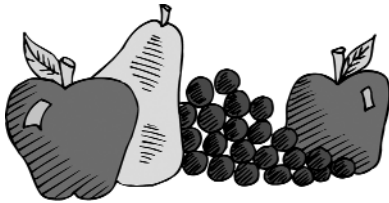


# Wiggle Fruit Dessert

Serves 8

- 2 teaspoons gelatin, unflavored
- 2 cups grape, apple, or cherry juice, unsweetened
- 2 cups fruit, sliced (fresh or canned)



1. Mix gelatin with  $\frac{1}{4}$  cup juice in a large bowl.
2. Measure another  $\frac{1}{2}$  cup of juice, place in a pan and bring to a boil.
3. Add hot juice to gelatin mixture. Stir until gelatin is dissolved.
4. Add  $1\frac{1}{4}$  cups more juice to mixture.
5. Place in the refrigerator for 20 minutes.
6. Wash fruit, add to mixture and stir.
7. Refrigerate for 2 hours before eating.

## Nutrition Facts:

Serving size:  $\frac{1}{8}$  recipe (about  $\frac{1}{2}$  cup); Calories: 55; Fruits and Vegetables: 1 serving; Fat: 0.25 g; Fiber: 0.25 g



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