

CHEATSHEET

NO CARB JELLO RECIPE



This childhood classic dessert or snack can be a major staple when you're on low calories or in need of a sweet treat without breaking your macro-bank. This recipe is extremely simple and time-friendly too!

INGREDIENTS

- 4 packets unflavored gelatin (7g each)
- 1/2 cup cold water
- 4 cups boiling water
- 1 package unsweetened Kool-Aid, any flavor
- Liquid stevia to equal 1 cup sugar (you can adjust to your preference)
- 1 1/2 cups cold water or ice cubes *

DIRECTIONS

Put the 1/2 cup cold water in a large bowl or 8-cup measuring cup. Sprinkle the gelatin over the water and let stand about 5 minutes to soften. Meanwhile, bring 2 cups water to a boil. Bring the gelatin/water mixture just to a simmer in the microwave then stir in the boiling water; stir until the gelatin has dissolved completely. Stir in the Kool-aid and Splenda. Stir in the remaining 1 1/2 cups cold water or ice. If using ice cubes, add enough to bring the level of the liquid up to 4 cups. Stir until the ice has almost completely melted, removing any unmelted ice. Pour into 8 dessert dishes and chill until set.

NUTRITION INFORMATION

Serving Size: 1/2 cup (yields 8 servings for recipe)

Per serving:
Calories: 20
Total Fat: 0g
Carbohydrate: 2g
Protein: 3g

CHEF'S COMMENTS

* If you're using a large glass measuring cup to make this, you can help the gelatin set up much more quickly by using ice cubes instead of cold water.

Do not freeze.



Courtney Ustrzycki is not a registered dietician or a physician, and this information should not be taken as professional medical advice. Courtney is not implying that this information will treat, cure or prevent any health complications. This is just information that has been learned, practiced and applied to her own nutrition as well as with a lot of her clients. The intent of document is to share the information that she knows, in hopes that the reader may benefit as well.

Make sure you connect with
Courtney on social media!

www.courtneyforlife.com
facebook.com/courtneyforlife

twitter.com/courtney_u
instagram.com/courtneyustrzycki