

Make your own Jello out of fruit juice and honey!



Fruit Juice Jello & Knox Blox Salad

Fruit Juice Jello

- 1 envelope Knox Unflavored Gelatin
- 1 c. cold unsweetened apple cider or Welch's unsweetened grape juice
- 1 c. fruit juice, as above, heated to boiling (when first beginning, use 1 c. water here instead of juice)
- 2 Tbs. honey, optional

Sprinkle gelatin over cold juice in a bowl; let stand 1 minute. Add hot juice (or water) and stir until gelatin completely dissolves, about 5 minutes. Stir in honey if desired. May add sliced speckled bananas. Chill until firm.

Knox Blox Salad

Recipe from Knox Gelatin

Firm squares of fruit juice jello make nice snacks or can be combined with sweetened yogurt for a creamy salad or dessert.

- 4 envelopes Knox Unflavored Gelatin
- 1 c. cold unsweetened apple cider or Welch's unsweetened grape juice
- 3 c. juice, as above, heated to boiling (when first beginning, use 2 c. water and 1 c. juice here instead of all juice)
- 2-3 Tbs. honey, optional
- 1 c. homemade SCD plain yogurt
- 1 tsp. legal vanilla (vanilla and alcohol only)

Sprinkle gelatin over cold juice in large bowl; let stand 1 minute. Add hot juice (or juice/water mixture) and stir until gelatin completely dissolves, about 5 minutes. Stir in honey if desired. Pour into 13 x 9 inch pan. Refrigerate until firm, about 3 hours, then cut into 1-inch squares.

Stir vanilla into yogurt, then combine desired amount of Knox Blox with yogurt.