



Jello

Instructions:

Let tea bag steep in hot water for 1 minute and discard tea bag.

Mix in jel powder until fully dissolved.

Allow to cool and then place in fridge.

Unlimited on the lean protein diet

Prep Time:

10 minutes

Cook Time:

5 minutes

Ingredients:

.3 oz. container Garden
Desserts unflavored jel
dessert

Celestial Seasonings herbal
tea - fruit flavored

2 cups hot water