



## 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**

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**Prep Time:**

10 minutes

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**Cook Time:**

5 minutes

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### Ingredients:

.3 oz. container Garden  
Desserts unflavored jel  
dessert

Celestial Seasonings herbal  
tea - fruit flavored (Black  
cherry berry is  
recommended)

2 cups hot water