



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.

For those who are not accustomed to unsweetened foods (and unwilling to train themselves), you may add up to 1 tsp. of zero calorie sweetener.

Unlimited at all times

Prep Time:

10 minutes

Cook Time:

5 minutes

Ingredients:

.3 oz. container Garden
Desserts unflavored jel
dessert

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

2 cups hot water