



PASTEL RAINBOW JELLO

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I personally love this recipe because it's simple, kid-friendly, and a guilt free treat (what more could you want?!) Also makes for an easy but beautiful dessert! I'm always looking for recipes that fulfill my sweet craving and also carry some sort of nutrient benefit (this way I don't have to feel so guilty when I eat the entire batch!). These delicious creamy, fruity layers of jello are sugar free (if you use sugar-free jello), and packed with calcium and protein from the Greek Yogurt!

INGREDIENTS:

5 cups boiling water

5 packages flavored jello (red, green, yellow, blue...)

2 1/2 cups Greek yogurt

DIRECTIONS:

1. Set up 12 individual cups of your choice onto a baking tray (makes transferring from counter to fridge easier).
2. For each layer; use 1 package of jello, 1 cup of boiling water, and 1/2 cups of Greek yogurt.
3. Pour each jello package into its own bowl.
4. Add boiling water, and mix until jello is dissolved. Once dissolved mix in yogurt.
5. Divide each jello evenly between your 12 cups (about 2 TBSP per glass).
6. Set each layer of the jello mixture in fridge before pouring the next colour.
7. Once all 5 colours have been layered, refrigerate the cups for about 3-4 hours before serving, to make sure they're set all the way through. Serve with a bit of whipped cream!