

Berry Good Dessert

Makes: 4 Servings

Ingredients

- 1 envelope unflavored gelatin
- 2 cups sliced strawberries
- 1 cup grape juice

Directions

1. Wash and slice the berries and then place in a shallow dish (9x9 brownie pan works well).
2. Combine gelatin and grape juice in a small pan and warm over low heat until the gelatin dissolves (about 5 minutes).
3. Pour gelatin and grape juice over berries and refrigerate until firm (about 1 hour).

Notes

Unflavored gelatin can be found in the same aisle as flavored gelatin.

Iowa Department of Public Health. Iowa Nutrition Network.

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|---------------|--------|----------------|
|---------------|--------|----------------|

| | | |
|----------------|-------|----|
| Total Calories | 76 | |
| Total Fat | 0 g | 0% |
| Protein | 1 g | |
| Carbohydrates | 18 g | 6% |
| Dietary Fiber | 2 g | 8% |
| Saturated Fat | 0 g | 0% |
| Sodium | 18 mg | 1% |

MyPlate Food Groups

| | |
|--------|---------|
| Fruits | 3/4 cup |
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