

Wobbly Wonders

Makes: 20 servings

Ingredients

- 3 tablespoons** gelatin (flavored - choose your favorite)
- 2 cups** water (boiling)
- 1 1/2 cups** milk, low-fat
- 1 package** vanilla instant pudding (3.5 ounce package)

Directions

1. In a medium bowl, dissolve gelatin in boiling water. Cool at least 30 minutes.
2. Pour milk into large mixing bowl and add pudding mix. Using an electric mixer, beat 1 minute.
3. Gradually add and beat in gelatin mixture. Pour into a 9x13 inch baking pan. Chill in fridge for several hours.
4. Cut fun shapes with cookie cutters or knife. Store in refrigerator.

Kansas Family Nutrition Program, Kids a Cookin'

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	90	
Total Fat	0 g	0%
Protein	2 g	
Carbohydrates	20 g	7%
Dietary Fiber	0 g	0%
Saturated Fat	0 g	0%
Sodium	150 mg	6%