

Gelatin Yogurt Fluff

Prep Time: 10 minutes

Cost per serving: \$0.17

What you need:

Utensils:

- Liquid measuring cup
- Medium saucepan
- Medium bowl
- Mixing spoon
- Mixer (electric or hand)

Ingredients:

- 2 cups 100% orange juice
- 1 0.3-oz package sugar-free gelatin (4 serving size), any flavor
- 2 cartons (6 to 8 ounces) fat free or low-fat yogurt, any flavor

What to do:

1. Wash your hands and clean your cooking area.
2. Heat 1 cup orange juice in saucepan until it is very hot.
3. Add gelatin and stir until it is dissolved.
4. Mix in remaining orange juice.
5. Chill mixture until it is like syrup (about 1-2 hours).
6. Pour into bowl; add yogurt and beat with a mixer until fluffy.

| Nutrition Facts | |
|-------------------------------|---------------------|
| Serving Size 1/2 cup | |
| Servings Per Container 8 | |
| Amount Per Serving | |
| Calories 60 | Calories from Fat 0 |
| % Daily Value* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 60mg | 3% |
| Total Carbohydrate 11g | 4% |
| Dietary Fiber 0g | 0% |
| Sugars 10g | |
| Protein 2g | |
| Vitamin A 2% | Vitamin C 30% |
| Calcium 6% | Iron 0% |



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