

TROPICAL LEMON GELATIN

September 23, 2009

Serves 6; 1 wedge and about 1/3 cup fruit per serving

0.3 -ounce package sugar-free lemon gelatin (4-serving size)
1 cup boiling water
1/2 cup cold water
1 tablespoon fresh lemon juice

TOPPING

1 teaspoon grated lemon zest
1 cup fat-free or low-fat vanilla yogurt
1 kiwifruit, peeled and sliced
1/2 cup diced mango
1 cup quartered strawberries

1. Put the gelatin in a 9-inch glass pie pan or 8- or 9-inch square glass baking dish. Pour in the boiling water. Stir until the gelatin is completely dissolved.
2. Stir in the cold water and lemon juice. Cover with plastic wrap. Refrigerate until firm, about 4 hours.
3. For the topping, stir the lemon zest into the yogurt. Spoon the yogurt evenly over the gelatin mixture. Arrange the fruit decoratively on the yogurt. Cut into wedges or squares. Serve within 2 hours of adding topping for best results.

Nutrition Facts per serving

Exchanges: 1 Fruit

Calories 55, Calories from Fat 2, **Total Fat** 0 g, Saturated Fat 0 g, Polyunsaturated Fat 0g, Monounsaturated Fat 0g, **Cholesterol** 1 mg, **Sodium** 63 mg, **Total Carbohydrate** 11 g, Dietary Fiber 1 g, Sugars 8 g, **Protein** 3 g

CHRONIC DISEASE HEALTH PROMOTION AND EDUCATION PROGRAM



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