

---

## SUGAR-FREE JELL-O RECIPE IDEAS

I particularly like sugar-free strawberry-kiwi and sugar-free peach JELL-O...they make the prettiest colors when you add the cheese to the semi-molded (set) JELL-O. I like using mascarpone cheese, however, cream cheese, dry cottage cheese or ricotta cheese are also very good.

If you don't feel like using the cheese for dessert-type of JELL-O, you can use shredded cabbage or carrots or both or whatever vegetable you like and incorporate into the semi-molded (set) JELL-O for a more salad-like gelatin preparation.

Stir

- 2 cups of boiling water into gelatin in a medium-size bowl for at least 2 minutes until completely dissolved

Stir

- 2 cups of cold club soda (instead of water) into the above mixture

Refrigerate until semi-molded (set) and then slowly beat in 8 ounces (softened) of:

Mascarpone, or ricotta, or dry-cottage cheese, or cream cheese

Return to refrigerator until set. Makes 8, 1/2 cup servings.

If you wish to serve 20 people, use 5 packages of Jello; for 24 people, use 6 packages, etc.