

Juice Jello Squares

4 ingredients · 2 hours · 9 servings



Directions

1. Pour gelatin into a mixing bowl and mix in (optional) collagen if you're adding it.
2. Pour 1 cup of boiling water over the gelatin (and collagen) and stir until dissolved. Add the 3 cups of juice and mix quickly so that the gelatin doesn't begin to set in the bowl.
3. Pour the gelatin mixture into a 9x9 pan and refrigerate for 2-3 hours or overnight, until the mixture sets and is the consistency of finger jello.
4. Slice into squares and serve.

Notes

Swap Juices

Try tart cherry, grape, or blueberry. DO NOT use pineapple, papaya, or mango juices. The enzymes in these fruits keep the gelatin from gelling.

Why I'm a Fan

Research indicates that collagen (hydrolyzed or in the form of gelatin) supports connective tissue health. It's best paired with 60 mg of vitamin C and taken 30-60 minutes before training for optimal results. Gelatin is a cost-effective choice.

Ingredients

- 4 packages** Unflavored Gelatin (1 ounce each)
- 1 cup** Boiling Water
- 3 cups** Orange Juice (100% juice)
- 2 tbsps** Collagen Powder (optional)