

Holiday Jello Mold

Ingredients:

- 6 ¼ cups boiling water, divided
- 3 pkg (4-serving size each) sugar free, low calorie gelatin, cherry flavor, divided
- 3 pkg (4-serving size each) sugar free, low calorie gelatin, lime flavor, divided
- 1 cup sour cream, divided

Directions:

1. Stir 1 ¼ cups boiling water into 1 package of cherry gelatin in a small bowl until completely dissolved.
2. Pour ¾ cup of the dissolved gelatin into a 6-cup mold sprayed with no-stick cooking spray.
3. Refrigerate about 15 minutes until set but not firm.
4. Refrigerate remaining gelatin about 5 minutes or until slightly thickened.
5. Stir in 3 Tbsp sour cream and spoon over gelatin in the mold.
6. Refrigerate about 15 minutes or until set but not firm.
7. Repeat process with remaining gelatin packages, alternating red and green colors.
8. Take care to cool dissolved gelatin to room temperature before pouring into mold.
9. Refrigerate gelatin as directed to create a total of 10 alternating clear and creamy gelatin layers.
10. Refrigerate final product 2 hours or until firm. Unmold.

For Our Program:

Nutrition Information:

Servings = 12

Carbohydrates per serving = 1g