

Snack of the Day: Cloud Jellies

Ingredients:

- ★ 1½ cups pureed fresh or frozen mango, strawberry, raspberry, blueberry or banana
- ★ 2 TBSP lime juice
- ★ Pinch of sea salt
- ★ 2-3 TBSP honey
- ★ 4 TBSP gelatin
- ★ 1 cup plain full fat yogurt
- ★ ¼ cup filtered water or fresh juice



Steps

1. Gather all ingredients
2. Puree fruit until smooth
3. Combine all ingredients in a small pot and sprinkle the gelatin across the top.
4. Allow to sit for about 5 minutes so the gelatin can absorb the liquid
5. On very low heat, slowly whisk to dissolve gelatin
6. Once dissolved, pour mixture into a small tray and allow to set in the fridge
7. Slice into squares & ENJOY!