

Wobbly Wonders

Cut out your favorite shape!



Level: Medium

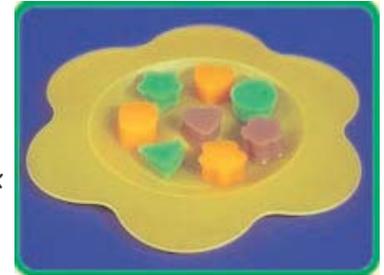
Makes: 20 to 30 shapes

Kids' Tool Kit

Measuring cups
Mixing bowls
Electric mixer
Rubber spatula
9x13-inch pan
Cookie cutters
Spoon

Ingredients:

4 3-ounce packages flavored gelatin
(choose your favorite)
2 cups boiling water
1 ½ cups low fat milk
1 4-ounce package instant vanilla pudding mix



Directions:

Remember to wash your hands!

Chef's Choice

Wobbly Wonders
Cinnamon graham
crackers

1. In a medium bowl, dissolve gelatin in boiling water. Cool at least 30 minutes.
2. Pour milk into large mixing bowl and add pudding mix. Using an electric mixer, beat 1 minute.
3. Gradually add and beat in gelatin mixture. Pour into a 9x13-inch baking pan. Chill in fridge for several hours.
4. Cut fun shapes with cookie cutters or a knife. Store in refrigerator.



Helpful Hints: Make several batches with different flavors of gelatin. Let kids experiment with shapes using cookie cutters or a serrated knife, stack up the cut-outs and have colorful creations as part of a healthy snack.

An easy way to remove the gelatin mixture from the pan is to loosen the sides with a knife and dip the bottom of the pan into hot water for 20 seconds. Turn onto a cutting board for easy cutting.



Safety Tips: It's fun for kids to watch the gelatin dissolve in boiling water, but the water and steam could burn. Adult supervision is a must on this step of the recipe. Using a 4-cup glass measuring cup for mixing and pouring makes the job a lot easier for kids.

Nutrition Facts

Serving Size 4 shapes (162g)	
Servings Per Container 20-30	
Amount Per Serving	
Calories 350	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 550mg	23%
Total Carbohydrate 81g	27%
Dietary Fiber 0g	0%
Sugars 78g	
Protein 9g	
Vitamin A 2%	Vitamin C 2%
Calcium 10%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.