

Wobbly Wonders

Cut out your favorite shape!

20-30 shapes

Ingredients:

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

Directions:

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.

Nutrition Facts: Four shapes provide 350 calories, 0g total fat, 0mg cholesterol, 550mg sodium, 81g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Wobbly Wonders
Cinnamon Graham Crackers

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