

Living Well Tastes Great

(NAPSA)—More and more Americans are trying to achieve a well-balanced lifestyle, one that includes a nutritious diet, regular exercise and a positive approach to living. For many, the motivation to make these changes is influenced by the importance of health and weight management.

A healthy eating plan is successful and enjoyable when variety and flavor are incorporated. Sugar Free JELL-O® brand gelatin is a refreshing and fruity treat that contains zero carbohydrates and makes a delicious dessert or snack. It's also fat-free, sugar-free and only 10 calories per serving. With all of those fun and fruity flavors, it can help satisfy any sweet tooth without compromising on nutrition goals.

Prepare a bowl and keep it in the refrigerator at home for a wiggly treat during the day, or enjoy it on the go in a convenient, ready-to-eat refrigerated cup. Gelatin is also great for making a variety of low-calorie recipes, with five grams of carbohydrates or less per serving, such as Very Berry JELL-O. The variety of combinations is almost endless—and is helpful in getting one tasty step closer to living well.

For more recipes and information about JELL-O products, visit www.jell-o.com.

VERY BERRY JELL-O

Prep: 5 minutes plus refrigerating

- ¾ cup boiling water**
- 1 pkg. (4-serving size) JELL-O Brand Sugar Free Low Calorie Strawberry-Banana Gelatin**
- Ice cubes**
- ½ cup cold water**
- 1 cup pureed strawberries**



Sugar-free gelatin can be a great base for healthful treats.

STIR boiling water into gelatin in medium bowl at least 2 minutes until completely dissolved. Add enough ice cubes to cold water to measure 1¼ cups. Add to gelatin; stir until slightly thickened. Remove any unmelted ice. Refrigerate 10 minutes or until slightly thickened.

STIR in fruit. Pour evenly into 6 dessert dishes.

REFRIGERATE 2 hours or until firm.

MAKES 6 servings.

Great Substitute: Prepare as directed, using JELL-O Brand Sugar Free Low Calorie Strawberry Flavor Gelatin.

Nutrition Bonus: Strawberries provide an excellent source of vitamin C.

Nutrition Information Per Serving: 15 calories, 0g total fat, 0g saturated fat, 0g polyunsaturated fat, 0g monounsaturated fat, 0mg cholesterol, 35mg sodium, 3g carbohydrate, less than 1g dietary fiber, 2g sugars, 1g protein, 0%DV vitamin A, 35%DV vitamin C, 0%DV calcium, 0%DV iron.