

jell-o shaved ice

Serves: 6

Prep time: 15 min

Per serving: 97 calories, 0 g fat,
67 mg sodium

1 cup boiling water

2 cups Sprite or similar soda

1 four serving size any
Jell-O flavor

1. In a square cake pan, whisk the Jell-O into the boiling water until dissolved.
2. Stir in the soda. Freeze for at least 4 hours or over night.
3. Use an ice cream scoop or a spoon to shave the ice. Serve immediately.

Vary It! Try adding chunks of fresh fruit to your Jell-O ice! If you are using Orange Jell-O, chop an orange and add to the liquid before freezing. Or, if you are using a flavor like Lime Jell-O, try adding some lime juice for an even stronger flavor!