

PROTEIN JELLO CUP

INGREDIENTS

ITEM	QUANTITY
Sugar-Free Gelatin	1 Packet
SalsaProtein Powder (Vanilla or Unflavored)	1 Scoop
Hot Water	2 Cups
Cold Water	1 Cup
SERVING SIZE	**1 JELL-O CUP**

PREPARATION

- Dissolve gelatin in hot water completely.
- Stir in cold water.
- Let cool slightly (before setting).
- Whisk in protein powder until smooth.
- Pour into cups.
- Refrigerate 2-4 hours until firm.

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