

GELATIN IN A CAN

INGREDIENTS:

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| ❖ Gelatin | 1 pkg |
| ❖ Pineapple | 1 Can |

METHOD:

1. Pour out liquid from a can of sliced pineapple and discard.
2. Dissolve a 3oz. box of sugar free lime gelatin in 1 cup boiling water (you could also use the pineapple juice and water to equal 1 cup liquid)
3. Pour hot gelatin water over pineapple rings in the can. Chill until set.
4. Run hot water on the sides and bottom of can to loosen. Then cut the bottom of the can and push the mold out.
5. Cut between pineapple slices and serve.

NOTES:

- You can use any flavor of Gelatin that you wish!
- Optional: top with cottage cheese or a dollop of whipped cream.
- You could also do this with other canned fruit and flavors of Gelatin, but you would lose the nifty pineapple ring effect.

