

# Festive JELL-O® Cup

Recipe developed by Paige Vondran



## Directions:

- Mix 1½ tablespoons hot water with the orange JELL-O® powder. Stir thoroughly until the powder has dissolved.
- Melt the 11g butter in a separate bowl, then stir into the orange JELL-O mixture thoroughly. Set aside.
- In a separate small bowl, mix the vanilla JELL-O pudding dry mixture with 1 tablespoon cold water.
- Melt the 6.3g butter and add it to the vanilla pudding, mixing thoroughly.
- Pour the orange JELL-O into a small serving dish, and place in the refrigerator until firm (about 10 minutes).
- Remove from the refrigerator and top with the vanilla pudding mixture. The topping shown above was piped through a small piping bag.
- Store in the refrigerator.

## Ingredients

		Exchange
Heavy cream	none	—
Protein	3.2g orange sugar-free JELL-O® gelatin powder	1 (+1.0g fat)
Fat	11g butter	2 (+1.0g)
	6.3g butter	1.25
Carbohydrate	1.2g vanilla sugar-free instant JELL-O pudding dry mix	1
Other	1 tablespoon cold water	—

### Notes on adjusting this recipe to fit your child's personal meal plan:

- This is a very flexible recipe; it can be adjusted as needed. Proportions and amounts of the ingredients can be changed. More butter can be added as needed.

### Variations:

- JELL-O flavors may be adjusted according to personal preference or festivity (such as orange for Halloween, red and green for Christmas, red for Valentine's Day, or green for St. Patrick's Day).
- By piping the vanilla pudding topping, this JELL-O cup can be decorated for any festive occasion. For example, a heart for Valentine's Day, a snowflake for winter holidays, a shamrock for St. Patrick's Day, or an acorn for Thanksgiving.
- Instructions for piping the vanilla topping:  
Scoop all of the pudding into a Ziploc® sandwich bag, and push it all into one corner of the bag. Cut a small hole on the bottom corner of the bag to allow pudding to squeeze out. Pipe all of the pudding mixture onto the JELL-O. It is recommended that you use a clear bag for piping. This way you can see that all of the pudding is used.

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This recipe is designed to be used by patients who are followed by The Children's Hospital of Philadelphia's Division of Neurology Ketogenic Diet Program.