

STRAWBERRY VALENTINES



Recipe developed by Chef Paige Vondran

INGREDIENTS

	Ingredients	Exchanges
Heavy Cream	None	
Protein	3.1g Bob's Red Mill® soy flour	1.0 (+0.5g fat)
	1.6g Jell-O® gelatin powder, strawberry	0.5 (+0.5g fat)
Fat	16g coconut oil	4.0
	11g butter	2.0 (+1.0g)
Carbohydrate	0.4g Jell-O® pudding powder, vanilla	0.3
	12g fresh strawberries, minced	1.0
Other	10g water	

DIRECTIONS

- In a small pan, heat the water, coconut oil, and butter over a low heat until melted and hot.
- Add in the weighed strawberry gelatin and vanilla pudding powders. Remove from heat and whisk vigorously.
- Add in the soy flour and minced strawberries.
- Continue to whisk vigorously for about one minute, until it forms a smooth paste. If the mixture still looks broken apart, place in the refrigerator for 2 minutes to cool it down, then whisk vigorously again.
- Pour the mixture into small heart shaped silicone molds.
- Place in the refrigerator for 30 minutes; serve chilled.

VARIATIONS

- Do not omit the water in the first step. This step is crucial for the Jell-O® to dissolve properly, otherwise it will be overly concentrated and not dissolved.
- Adjust ingredients as needed to your child's personal meal plan. The more soy flour you add, the drier it will become.
- Other flavors of gelatin such as raspberry or cherry (to keep it red) may be used.
- Fresh fruit that pairs with the Jell-O® gelatin may be substituted for the strawberries.