

Creamy Jell-O®



Recipe developed by Paige Vondran

Directions

- In a small saucepan, warm the heavy cream over a low flame. Do not bring it to a boil.
- Whisk in the oil.
- In a medium bowl, weigh the gelatin powder.
- Pour the warm heavy cream and oil mixture over the dry powder.
- Whisk for about one minute until the powder is completely dissolved.
- Place in the refrigerator to allow to cool and set.

Ingredients

		Exchange
Heavy cream	60g	
Protein	3.2g Jell-O® sugar-free gelatin powder, any flavor	1 (+1g fat)
Fat	25g canola oil	6 (+1g)
Carbohydrate	None	

Variations:

- The amount of gelatin powder can be decreased for a milder flavor.
- The heavy cream may be omitted. Without heavy cream, half the amount of gelatin powder should be used to avoid over concentrating the gelatin flavor.

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.