



ThickenUP[®]
clear

Strawberry Gelatin



INGREDIENTS

- 1 pkg (85 g) strawberry gelatin mix
- 1 cup (250 mL) cold water (in addition to gelatin mix HOT water)
- 15 scoops (60 mL/21 g) ThickenUp[®] Clear

DIRECTIONS

1. Prepare strawberry gelatin mixture according to package directions with hot water. Stir for 2 minutes or until completely dissolved. Stir in additional cold water.
2. In small bowl, measure 15 scoops ThickenUp[®] Clear, then stir into gelatin mixture. Stir briskly with spoon for 30 seconds or until powder is well dissolved. Allow 15 minutes to reach desired consistency (this will be the final consistency of the gelatin, once at room temperature*). Transfer gelatin into 1/2-cup (125 mL) containers. Refrigerate gelatin for 1 to 3 hours or until set.

*Note: consistency will not set like regular “Jell-o” but will achieve a jelly like texture.

Note: For IDDSI LEVEL 2, in small bowl, measure 12 scoops ThickenUp[®] Clear, then stir into gelatin mixture.

PREP TIME: 10 minutes
COOK TIME: 0 minutes
TOTAL TIME: 10 minutes
+ 1 hour, 15 minutes
standing time
MAKES: 4 servings
(each 125 mL)

NUTRITION INFO - PER SERVING

Calories 100	Fibre 0 g
Protein 2 g	Sugars 19 g
Fat 0 g	Sodium 130 mg
Carbohydrate 22 g	

⁴Refer to www.IDDSI.org