



Greek Yogurt Sugar Free jello

Description

It is a healthy recipe and you don't need much to make it, sugar free flavored jelly box, greek yogurt and water is all you need. The addition of greek yogurt makes it high in protein and dessert recipe that is better for you. However there are many serving options.

- Prep Time 5 minutes mins
- Chill Time 6 hours hrs

INGREDIENTS

- 1 packet jelly box mix raspberry flavor
- 250 gm greek yogurt
- 250 ml water

Optional

- Serve with more greek yogurt and greek yogurt

INSTRUCTIONS

- Start by boiling water. Empty the jelly packet powder into a large mixing bowl and add the hot water. Stir until dissolved.
- Add the greek yogurt and stir well till combined. Pour into glass containers and allow to set in the fridge for 3 hours minimum or overnight.
- Serve it chilled with more greek yogurt and top with fresh berries.

NOTES

- If you want a firmer jello add less water and if you want a softer jello add a little more water.
- Keep in mind every jelly packet might be different in weight hence check the package instructions, the amount of liquid you need should be half warm water and half greek yogurt. So: if the packet

asks for 500ml liquid you will use 250gm greek yogurt and 250ml warm water.

Category

1. High Protein Recipes

Date Created

06/03/2025

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