

Jenny's Anti-Aging Jello

This dessert is an antioxidant powerhouse! Besides acai berry, there are other superfood juices you can also use, like pomegranate or blueberry. The best juices to use are ones that are fruit sweetened and low in sugar. I like to have this with a side of vanilla low fat frozen yogurt.

1 tablespoon unflavored gelatin (one envelope)
2 cups acai berry juice

1. In a medium bowl sprinkle gelatin over 1/2 cup cold juice and let stand for 5 minutes.
2. Heat remaining 1 1/2 cups of juice to just below boiling and add to the bowl, stirring until dissolved.
3. Pour into dessert cups or leave in the bowl. Chill for 3 hours.

*makes 4 servings