

# DELECTABLE YET *Nutritious Eatables* MADE OUT OF JUICES

## 1. Gummies

- Mix two tablespoons of gelatin with a cup of fresh whole fruit/veggie juice (juice with pulp) over low heat until you get a smooth-flowing mixture.
- Allow the mixture to cool, and then pour it into silicone molds of desired shapes.
- Refrigerate for one to two hours to set and prepare the gummies.



## 2. Popsicles

- Mix two to three cups of fresh, whole fruit juice with two tablespoons of coarsely ground dry fruit powder.
- Add sweeteners such as honey if needed to enhance the popsicle's taste.
- Pour the mixture into popsicle molds and refrigerate overnight to let them set.



## 3. Frozen yogurt

- Mix a cup of beetroot juice (including pulp) with a cup of Greek yogurt and two tablespoons of honey.
- Put the mixture in the ice cream maker and follow manufacturer instructions.
- Serve immediately with roasted almonds and hazelnuts or freeze until ready to serve.

